A

TREATISE

ON

THE DISEASES OF CHILDREN.

VOLUME THE SECOND:

IN TWO PARTS.

[Price Seven Shillings ſewed.]

BRITISH MUSEUM
30
69
MAY

M. F. Montgomery

A TREATISE ON THE DISEASES OF CHILDREN,

IN TWO PARTS:

THE FIRST COMPREHENDING

All ſuch Infantile Complaints as may fall under the Province

OF THE SURGEON:

PART THE SECOND CONTAINING

GENERAL DIRECTIONS FOR

THE MANAGEMENT OF INFANTS FROM THE BIRTH;

Particularly in regard to Dreſs, Air, Exerciſe, and Diet.

By MICHAEL UNDERWOOD, M. D.

LICENTIATE IN MIDWIFERY OF THE

Royal College of Phyſicians, in London,

AND

Phyſician to the Britiſh Lying-in Hoſpital.

VOL. II.

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A TREA-

A

TREATISE, &c.

PART I.

HAVING already conſidered all the more important Diſeaſes for which the *Phyſician* will uſually be conſulted, there remain now only ſome leſſer matters in that line. But beſide theſe, there are many complaints which relate rather to the province of *Surgery*, and others that may be ſaid to be of a mixed

mixed kind, but have each a reference to the department of *Midwifery*. Of theſe laſt, more eſpecially, not a few may very well fall under the care of another claſs of readers; their nature and treatment, it has been already noticed, being in this edition rendered more obvious and intelligible. To the *Diſeaſes* will follow ſuitable Directions to *Parents* and others, for the general *Management of Infants* in every article of importance to their Health; to which particulars the *ſecond part* of this volume is wholly devoted.—The firſt Complaints I ſhall mention relate to *contagious Eruptions*.

TINEA, or SCALD-HEAD.

THE Scald-head is a very troubleſome complaint, and is ſaid to be often a ſcrofulous ſymptom; but I rather think

think it is uſually communicated by contact, and when lighting on a ſcrofulous habit may be more difficult of cure. I have never met with it in *infants*, but it being no uncommon complaint in the later periods of childhood, it may be proper to notice it, as it ſometimes proves a very tedious diſeaſe. I hope, however, to point out a ſucceſsful method of cure, the unpleaſantneſs of which has, improperly I think, prevented its being more generally adopted.

FROM ſome conſiderable experience, I may venture to ſay, that being uſually a mere complaint of the ſkin, it may be moſt ſucceſsfully treated by outward applications. This diſeaſe is ſeated in the little glands at the roots of the hair, is ſometimes dry, but at others moiſt, and then produces little ulcers, which being thoroughly cleanſed, and made

to digeſt, may be ſafely healed up, as I have found in many other affections of the ſkin.

IT is not uncommon, I know, to adminiſter a variety of internal remedies, and perhaps they may ſometimes be required, though I think I have ſeldom given any thing more than lime-water, or a decoction of the woods; and a few purges at the decline of the diſeaſe.

IF the complaint be taken early, before it has ſpread far over the head, and whilſt the ſcabby patches are ſmall and diſtinct, it may be frequently cured by the ſulphur ointment, with a ſmall addition of the calx hydrargyri alba. And ſuch a preparation may very ſafely be made uſe of, if the patient be kept within doors, and his body be properly open; as it will be neceſſary to rub in only a ſmall portion, once or twice a day, on the parts immediately affected.

But if the diſeaſe ſhould ſpread, or has already extended itſelf over a great part of the head, the hair muſt be ſhaved off, and the head waſhed twice a day with a ſtrong decoction of tobacco; repeating this proceſs till the ſcabs diſappear, and the hair grows up from the parts they had occupied. Or, inſtead of the decoction of tobacco, the head may be well waſhed with the lotio ſaponacea, with the addition of a ſmall quantity of the aqua kali puri, and the ſcabs anointed with the unguent. hydrargyri nitrati in the place of the ſulphur ointment and calx of mercury; the former being a very powerful, as well as a ſafe application, and may be uſed in any quantity that may be neceſſary.

BUT the complaint is ſometimes of long ſtanding before medical aſſiſtance is aſked, and is not only extended over all the head, but the ſcabs are thick,

and riſe high above the ſurface, returning as often as they may fall off. I have, however, never failed to cure the common tinea by a method perhaps well known, but too ſeldom complied with in time, on account of its apparent ſeverity. It conſiſts only in well waſhing the head with a piece of flannel, and a ſtrong-lather of ſoap-ſuds, after it has been cloſe ſhaved, and then rubbing in very forcibly the common unguentum picæ and a good quantity of the pulvis ellebor. alb. or other ſafe depilatory, for near an hour at a time, always uſing it very warm; and covering the head with a bladder to preſerve the ointment on the part, as well as to keep it from ſticking to the cap, or other covering made uſe of. When this has been done three or four times, not only the ſcabs, but the hairs will alſo looſen, which muſt be pulled out, however unpleaſant the

the operation may be; as it will, indeed, prove a kindneſs in the end: but muſt be repeated till all the hairs be taken out, after which new hair will riſe free from ſcabs, which is a ſufficient indication that the diſorder is effectually removed.

THERE is, however, a ſpurious kind of ſcald-head, that is ſometimes more difficult of cure; but it requires nothing but patience in the uſe of one or more of the above remedies, or at moſt, an alterative plan of the flower of ſulphur, or of ſome mild mercurial preparation, with the common decoction of the woods, or the *Liſbon* diet-drink. Or, ſhould the difficulty conſiſt in getting out the hair intirely, or deſtroying the diſeaſed glands at its roots, the calx viva may be had recourſe to, in one form or other; and is exceedingly preferable to an adheſive pitch-plaiſter. In a few

inſtances, the topical uſe of the unguent. hydrargyri mitius has a wonderful efficacy.—In the ſpurious tinea particularly, it may be proper to open an iſſue, or fix a ſeton in the nape of the neck.

HERPES MILIARIS, *or* SHINGLES; (RINGWORM.)

THE *Herpes miliaris*, and the *Shingles* are diſtinguiſhed by ſome writers, but I can ſee no good reaſon for it; and M. AURELIUS SEVERINUS and others, have eſteemed them to be the ſame diſorder.

THE *Herpes* like the foregoing complaint, is a diſeaſe of the ſkin, infeſting ſome children almoſt annually, and appearing in dry ſcurfy blotches, on different parts of the body, and uſually of a circular form. It becomes troubleſome chiefly from the violent itching that conſtantly attends it, and would probably

probably get well of itſelf: it even ſometimes has the appearance of being critical, or is, perhaps, rather an indication of ſome favourable change in valetudinarians, eſpecially in adults, who are ſometimes found getting the better of chronical complaints at the time the ſhingles makes its appearance. It is, however, often a blemiſh; as it frequently attacks the hands and face, and eſpecially the forehead. It is amongſt the vulgar errors, I believe, that when it appears on the breaſt or loins, if it ſhould extend round the whole body, it would prove fatal—This form of the diſeaſe is termed *Zona herpetica.*

THE *Herpes miliaris* is alſo by many diſtinguiſhed from the *ring-worm*, (but perhaps needleſsly); the former being always ſuppoſed to ariſe from an affection of the ſyſtem, and to be preceded by ſhivering, or ſickneſs at the ſtomach.

They

They are certainly both very eaſily cured, and probably would alike diſappear of themſelves. The *Herpes* yields very readily to ſtimulating and aſtringent remedies. Ink therefore, (as it contains an infuſion of galls) has been a common, though inelegant application, and may ſerve very well where better forms are not at hand: it is ſometimes made into a paſte with flower of muſtard. Spirit of wine; ſaturnine lotions, with the addition of vinegar, or white vitriol; and ointments containing lead, anſwer very well; or an ointment of calcined zink and lard: but the ung. hydrarg. nitrati is preferable to moſt others: The uſe of a fleſh-bruſh is a good prophylactic, or preventive, in habits accuſtomed to the complaint.

Should the ſhingles ſpread and become ſore, it ſhould be treated as directed below.

HERPES

HERPES EXEDENS, *or* SERPIGO.

THIS is a malignant ſpecies of the above complaint, but is generally local. It is mentioned only as having relation to the former, being rather a ſore than an eruption, and not very common in children.

SUPPURATIVE applications may be made uſe of in the early ſtage of the complaint, ſuch as ointments of minium, ſoap, and *Venice* turpentine, or a ſuppurative poultice, in order to liberate the diſeaſed glands on the ſurface, and abſorb the acrid diſcharge. After this, the parts ſhould be waſhed with ſaponaceous lotions, and laſtly, with ſtrong ſolutions of vitriol. Should theſe fail, the ung. hydrarg. nitrati will be proper, and as the laſt remedy, cauſtic applications; of which, butter of anti-

mony

mony is the beſt, with which the little ulcers may be touched lightly from time to time. The patient may take at the ſame time of a decoction of burdock-roots, or ſarſaparilla.

SCABIES *or* ITCH.

THIS diſorder ſo commonly known and eaſy of treatment, is mentioned only to introduce a caution to ſome readers, againſt popular waſhes and girdles; which are generally either uſeleſs or hazardous. Such are often had recourſe to in order to avoid the unpleaſant ſmell of the brimſtone ointment; which, however, rarely fails to cure the genuine itch. There is, indeed, a ſpurious kind, as of the ſcald-head, which is far leſs, or often not at all contagious, but is more difficult of cure than the genuine. Should the brimſtone ointment therefore fail,

fail, ſulphur ſhould be adminiſtered inwardly, and ſometimes mercurials; which may likewiſe be added to the ointment, and in a few weeks, at moſt, will not fail of removing the complaint. It is common to adminiſter at the ſame time ſome alterative diet-drink.

OPHTHALMIA, *or* INFLAMMATION *of the* EYES.

THE Eyes of new-born infants are very apt to be inflamed during the firſt three or four days after birth, eſpecially in the winter ſeaſon. If it be owing to taking cold, it is probable it has been either immediately after the child was born, before it has been given away to the nurſe, or very ſoon afterwards; and on this account, a flannel cap becomes a very neceſſary part of its covering before it can be formally dreſſed.

This

This kind of inflammation, however, is uſually of very little conſequence, and generally diſappears of itſelf, upon merely keeping the head warm, or by waſhing the eyes with a little roſe-water; to two ounces of which, in ſome caſes, two or three drops of the water of acetated litharge, and a grain or two of white vitriol, may be added. But there is an inflammation to which infants are liable, that ſometimes continues a long while, and therefore calls for attention. I do not allude to that redneſs on the eye, known by the name of ſugillation, or blood-ſhot, which will often remain a long time, return, and diſappear again, without the leaſt injury to the child; nor to the watery-eye, which will ſometimes continue for many months, and even for years. But that which I here intend, is accompanied with the true appearances of ophthalmia, or inflammation

tion of the white of the eye, attended with a diſcharge as in the ophthalmia of adults: it will ſometimes get a little better by common means, but ſeldom remains ſo for many days together, and generally increaſes at the end of the month.—It often ſeems connected with the ſtate of the bowels, and the coming on of a purging will then frequently cure it.

I have nothing out of the common way to recommend for it;* nor does it need much to be done, unleſs it be unuſually tedious: in which caſe, the parts behind the ears ſhould be made ſore, in the way I have before deſcribed, and be kept ſo for ſome time. Previous to this, it is often neceſſary to apply a bliſter to the back, and a leech

* For a more full account of the treatment of *ophthalmias*, See *Surgical Tracts*, 2nd *Edition*.

to

to one or both temples; to keep the body open, and to make uſe of the cooling eye-water before recommended. If the child be inclined to a frequent return of it for years, as I have known in very healthy children, it will ſometimes degenerate into what is termed the watery-eye; an excellent remedy for which is a grain of white vitriol, mixed with as much freſh butter as will form it into a liniment, which ſhould be put into the inner angle of the eye every night, at going to bed. In ſome of theſe caſes, however, the ointment of nitrated quick-ſilver has proved a more ſpeedy remedy, and is a leſs painful application.

BUT there is a far more formidable inflammation, which has of late years been called the purulent ophthalmy, diſtinguiſhed from every other by the vaſt quantity of thick matter diſcharged, and great ſwelling of the lids.

This

This is ſo dangerous an inflammation as to require the beſt advice on its very firſt appearance. It frequently ſeizes an infant a few days after birth, without any previous complaint; and ſometimes not only deſtroys the ſight, but diſſolves the eye itſelf, in leſs than a week's time. I have likewiſe ſeen it exceedingly violent in children of four or five years old, but rarely without ſome blow, or other accident.

IN this diſeaſe, every thing that may remove inflammation, and unload the veſſels of the part, ſhould be immediately had recourſe to. The body ſhould, therefore, always be kept open, and if the child be two or three years of age, leeches ſhould be applied to the temples: ſcarifications alſo of the *tunica conjunctiva*, (which generally falls out upon opening the lids); bliſters to the back, nape of the neck, and behind the

ears, are ſometimes eſſentially neceſſary. The edges of the eye-lids ſhould be kept conſtantly greazed throughout the day, eſpecially in infants, that the thick matter may find an eaſy eſcape. At night, a little of *Goulard's* cerate may be ſpread on ſoft linen, and applied to the eye, and over it a very ſoft cold poultice made with the compound water of acetated litharge, laid on as lightly as poſſible; that by its conſtant moiſture, the eye-lids may always be kept ſupple. But if the diſcharge ſhould ſeem to be confined, or the eye affected, by the weight of the poultice, this application ſhould be changed for ſoft linen rags, which ſhould be frequently wetted with cold brandy and water, or ſome yet more aſtringent lotion.

IT ſhould ever be remembered, that in the beginning of the complaint the taking away of blood is often not to be diſpenſed

diſpenſed with, (unleſs the child be very young, or otherwiſe weak) nor to be ſparingly done. The application of one leech, therefore, to the temple or neck, will have no good effect, though often repeated. Two, three, or even more, according to the age and ſtrength of the child, ſhould be put on at a time, and a bliſter ſoon afterwards; which will often do more to conquer the inflammation, than moſt other means put together, if had recourſe to in time.

THROUGHOUT the complaint, aſtringent and ſtimulating applications are to be made uſe of, being not only far preferable to other means, but ſo neceſſary, that ſhould emollient poultices, and merely cooling collyria be, at any time, depended upon, the event were likely to be fatal. What may be the very beſt remedy, it may not be very eaſy to determine, having for ſome years

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ſucceeded, and in a reaſonable time, by different means. But ever ſince I have ſeen Mr. WARE's excellent publication on diſeaſes of the eyes, I have had ſo frequent recourſe to the *aqua camphorata*, as recommended by him, in this ſpecies of ophthalmy, and have ſucceeded ſo well with it, that I am not yet certain to which the decided preference ſhould be given.

One dram of the aqua camphorata of *Bates's* diſpenſatory, to two ounces of water, will be a ſufficient ſtrength to begin with. A few drops ſhould be inſtilled into the eyes, ſeveral times in the day, as well as the lids be frequently waſhed with it.

THE topical remedies alluded to, in the place of the aqua camphorata, are tinct. opii, and the unguentum hydrargyri nitrati, which ſhould be applied every night at going to reſt; the former

mer being dropped into the eye after the lids have been touched with the ointment. It is ſometimes proper to lower and ſoften the ointment with a little freſh butter, and to add a little camphor.

IT has been ſaid, that where this inflammation has not been properly treated from the beginning, the eye is ſometimes exceedingly injured by it, ſo that even the eye will burſt. At other times, the *cornea* becomes much thickened, and the pupil more or leſs opake by means of one or more ſpecks which the inflammation has occaſioned. It ſhould be remarked however, that we ſometimes meet with an agreeable ſurprize, at the decline of this formidable complaint, and find the eye much leſs injured than had been ſuſpected at the time we were firſt able to get a ſight of it. And at others, even where the *cornea* has burſt, the *aqueous* humour has

been reſtored, and being confined by the cicatrice, the patient has recovered his ſight. On the other hand, the *cornea* has ſometimes been ſo greatly injured, or the *iris* contracted, that though the eye has not been ſunk, the ſight could not be reſtored by any means.

FROM what I have known of ſome permanent inflammations, I have ſometimes been much inclined to the opinion of the late Dr. HUNTER and others, who after having tried a variety of means, and aſſiſted in conſultation with different phyſicians, have been induced to think, that many of the very ſtubborn ophthalmias originate from a venereal taint, and could only be ſucceſsfully treated by its ſpecific remedy, in one form or other.——Every practitioner will be very careful how he takes up ſuch an opinion in particular inſtances;

ces; * however, it is right to obſerve, that if none of the means above recommended ſhould produce a favourable change in eight or ten weeks, I believe nothing but that ſpecific ſpecies of alteratives will have any laſting effect.

THOUGH it is not my deſign to treat on this diſeaſe, it may not be amiſs to obſerve, that whenever a venereal taint actually exiſts, it is more ſafely treated by unction than in any other way; and infants would probably be cured much oftener than they are, if recourſe were had

* The *french* phyſicians ſeem too much inclined to regard the purulent ophthalmy in this view, being a very common ſymptom, amongſt others truly venereal, in many infants in the *Hotel-Dieu*, *l'Hoſpice de Salpétriere*, *Vaugirard*, and *des Enfans trouvès*; but when this ſpecies of ophthalmy appears alone, the caſe ſhould not be haſtily concluded to be venereal, however violent the ophthalmy may be.

to it in better time than it commonly is. If internal remedies, however, are for any reaſon preferred, I have found none ſo efficacious, convenient, and ſafe, as the late Mr. WARD's *white drop*.

LEUCOMA, *or* SPECK *of the* EYE.

THIS is often a conſequence of long continued ophthalmias, and is mentioned by Dr. ARMSTRONG amongſt the diſeaſes of children, in his ſecond edition. He directs a variety of things for the cure of it, which he ſays are often efficacious if the ſpecks have been recently formed, but when of long ſtanding, he has never ſeen any method ſucceſsful. I ſhall only obſerve, that in a very great number of caſes, a drop or two of the *aq. cupri ammon.* inſtilled into the eye, two or three times a day, has removed ſuch ſpecks, in the courſe of a few months,

months, and ſometimes much ſooner, without any other means. Should this fail however, trial may be made of a ſolution of the hydrargyr. muriatus, one grain being put into four ounces of water; and the ointment of nitrated litharge be applied in the manner before recommended.

CATARACT *and* GUTTA SERENA.

ALTHOUGH theſe diſorders are nor very common in young children, they do, nevertheleſs, ſometimes occur, and infants have been born with a *cataract* in one or both eyes, or totally deprived of ſight by the *gutta ſerena*. I ſhall therefore ſpeak of the two diſeaſes together, and the rather becauſe the ſame remedies are here accommodated to both.

It would, indeed, ill become a man of

of the leaſt character and experience to affect to have much to offer in a way of remedy for theſe dreadful complaints; the oldeſt and beſt practitioners never having pretended to be often, or by any means uniformly ſucceſsful in the treatment of them. From what I have known, however, they are not to be deſpaired of, and I ſhould think it unpardonable not to hold out every occaſion of good, or of comfort in my power, however little it may be, in caſes wherein art has ſo generally failed—*Valeat quantum valere poteſt.*

Where a diſpoſition to cataract and gutta ſerena have been ſuſpected, I have known very conſiderable benefit obtained, and even the ſight fully reſtored by an alterative plan of calomel and cicuta, or by the long continued uſe of an aromatic vapor with ſpirit. ammon. compos.

compos.* conveyed to the eyes by means of a tube properly adapted; or by bruſhing the eyes and the adjacent parts, ſeveral times a day, with ſoft and ſmooth bruſhes, which are properly conſtructed by *Meſſrs. Ayliffe* and *Gee*, in *Wardour-ſtreet*. In the gutta ſerena, electricity alſo has certainly ſucceeded in ſeveral caſes; and in one inſtance, a lady whilſt under ſuch a courſe, ſuddenly recovered the perfect uſe of her eyes, through a blow ſhe accidentally received on the face, which produced a copious hemorrhage from the noſe. In imitation of this, the like diſcharge has been lately artificially procured by wounding the internal veſſels of the noſtrils; but without apparent good effect. To theſe

* Half an ounce of the ſpirit with two ounces of water, ſhould be kept boiling over a lamp, and be made uſe of two or three times a day.

brief

brief obſervations I have only to add, that I have very lately ſeen a gentleman of near ſixty years of age, for whom I had been conſulted about three years before, who ſome time after having been let blood in the above mentioned way, and made trial of electricity without any apparent advantage, has recovered from a *gutta ſerena* of near two years ſtanding, under the uſe only of a common collyrium, which as I cannot conceive to have had any ſhare in the cure, conſpires with a few ſimilar inſtances to hold out ground of encouragement to other ſufferers, ſufficient to prevent deſpair, under this melancholy diſeaſe.

I ſay nothing in relation to the cure of the cataract by a ſurgical operation, either by extraction or depreſſion, except it be, that neither of them is adviſeable for infants unfortunately born with

with the diſeaſe, till they ſhall have attained to five or ſix years of age.

The STITHE, *or* STYE.

THE ſtithe is a ſmall inflamed tumor on the edge of the eye-lids, more commonly on the ſide towards the noſe; but there are ſometimes two or more at a time. It riſes ſuddenly, as if from a cold, or blaſt, and in the end ſuppurates, or forms matter, of a thick, or cheeſy conſiſtence; often, indeed, not for ſeveral weeks, or even months, but ſometimes much ſooner. It is occaſioned by an obſtruction in the glands of the eye-lids; and the matter being incloſed in a hard cyſt, or bag, the inflammation often returns in the ſame ſpot, till the cyſt being deſtroyed by repeated ſuppurations, the cavity is afterwards

terwards filled up, and the complaint diſappears.

ALL that is neceſſary to prevent the returns of this temporary blemiſh, which greatly weaken the eye, is to touch the little abſceſs, as ſoon as it breaks, with the cauſtic called *argentum nitratum*, cut to a point, (carefully avoiding doing injury to the eye) which by deſtroying the cyſt, at once removes the complaint.

WHEN theſe ſtithes are ſmall, or hang by a very narrow baſe, they may be ſafely cut off, or be tied very tight with a bit of ſilk, and afterwards touched with the cauſtic as before mentioned.

DEAFNESS.

CHILDREN are frequently rendered deaf, in different degrees, in one or both ears, by very ſlight colds, and at the expiration of a few days the hearing

ing returns, without recourſe to any means. It is, however, ſometimes otherwiſe, and it becomes neceſſary to give a little purging phyſic; to keep the ears warm; and to confine the child to the houſe: and where this does not ſucceed, the complaint is not a little difficult of cure. Should it ariſe from indurated wax, it will be proper to ſyringe the ears with warm water, to which ſhould be added a tea ſpoonful of lavender or honey-water; and a few drops of warmed oil of almonds may be inſtilled into the ears at going to bed. If theſe little means fail, warmer remedies ſhould be made uſe of, ſuch as the following, which I have found very frequently ſucceſsful

℞. Olei amygd. ℥ſs Ol. Succini rectific. gtt. xx Spir. Camphorat. ʒſs. Tinct. Caſtor. ʒj miſce et inſtill. guttas iv vel vj calefact. aur. affect. nocte et mane.

DEAF-

DEAFNESS, however, is ſometimes owing to the want of a due ſecretion of wax, and is then much more difficult of cure. To promote this ſecretion a few drops of the ſoap-liniment, oil of almonds and æther, and ſuch like warm acouſtics ſhould be tried, and continued for ſome time, if they ſhould not occaſion much pain; and in all caſes, bliſters may be applied behind the ears. The juice of onions, or a clove of garlic, raw, or roaſted, put into the ears, has ſometimes reſtored the ſecretion, and removed the deafneſs; and in many caſes it has been effected by electricity. But it not unfrequently happens, that the cauſe of deafneſs lies in the auditory nerve, and in that caſe, if the laſt-mentioned remedy fails, very little is to be expected from art. Nature, however, ſometimes effects the cure, and children after having been deaf for ſeveral

veral years, ſuddenly recover their hearing perfectly, eſpecially females.—Medicated ſnuffs alſo that invoke gentle ſneezing, and diſcharges from the head, have ſometimes been found ſurpriſingly efficacious.

CANKER *of the* MOUTH.

THIS is chiefly a complaint of children, being rarely met with in adults, is often talked of by nurſes, and is uſually as trifling as any. It has, indeed, been ſaid by ſome writers to prevail very much in *England* and *Ireland*, and to be often a ſerious complaint. Such a diſorder, if it be canker, may be treated as under the next article; but the common canker is rarely troubleſome to cure, except it be amongſt very poor people, where a great number of children are crouded together.

IT ſometimes makes its appearance in the month, at others, about the time of teething; and frequently at the age of ſix or ſeven years, when children are ſhedding their firſt teeth, and the ſecond are making their way through the gums, which are covered with little foul ſores, and will ſometimes extend to the inſide of the lips and the cheeks. It ſeldom requires more attention than was mentioned under the article of dentition, any mild aſtringent application, and keeping the body open, uſually effecting a cure; or if it does not, and the complaint makes its appearance at the time of teething, it will generally go away as ſoon as the teeth are come through.

THE worſt ſpecies of this complaint that I have happened to ſee, has been during the ſecond period of dentition, when a child has been ſhedding a num-

ber

ber of teeth together, and the rotten ſtumps have been neglected to be drawn out. The whole gums will then ſometimes be ſpongy, or diſſolve into foul, ſpreading ſores, and ſmall apertures will be formed, communicating from one part to another, accompanied with an oozing of a fetid, and ſometimes purulent diſcharge.

IF the ſtumps of the decayed teeth can, in this caſe, be eaſily got at, they ought to be extracted; after which ſome ſuch application as the following will ſoon brace the looſe gums, and heal up the ulcers.

℞. Bol. Armen. Sang. Draconis,
Gum. Myrrh. Cort. Peruv. pulv. ſubtil.
Cremor. Tartari āā ʒj
Mel. Roſæ q. ſ. miſce, ft. Paſta.
℞. Aq. Calcis ʒvij Tinct. Myrrhæ,
Mel. Roſæ āā ʒſs. ft. Mixtura.

The gums ſhould be touched ſeveral times in the day, eſpecially after meals, and at going to bed, with the above paſte, and the mouth be waſhed occaſionally with the mixture.

IF no conſiderable change for the better ſhould take place, in a week or ten days, a dram of alum may be ſubſtituted in the place of one of the drying powders, and inſtead of the above mixture, one acidulated with as much of the muriatic acid as the parts will endure, occaſionally made ſtronger, till ſome amendment be perceived; the belly being, in the mean time, kept properly open. If internal remedies be thought neceſſary, Peruvian bark, ſarſaparilla, and mineral acids are the propereſt; and the child may be kept on a diet of milk and vegetables.

GANGRENOUS EROSION *of the* CHEEKS.

THIS complaint reſembles the canker more than any other diſorder, though it is much more dangerous, and is not a mere local diſeaſe. I have ſeen no clear account of it in any late writer but Mr. DEASE of *Dublin*, who ſeems to have met with the diſorder pretty frequently, and deſcribes it very accurately in his tract on the diſeaſes of *Lying-in Women, &c.* to which I am very much indebted on this occaſion.

IT appears to attack children from two, to ſix or eight years of age; uſually unhealthy children, and ſuch as have been ſubject to worms. The whole body often feels cold on the approach of the diſeaſe; after which a black ſpot appears on one of the cheeks or lips, and

ſpreads faſt; but without any appearance of inflammation. Oftentimes the whole ſide of the face is eaten away, together with the lip, ſo that the bare jaw-bone and inſide of the mouth appear. In the end, the intire lower-jaw falls down on the breaſt, and the whole ſide of the face is diſſolved into a putrid maſs; a colliquative diarrhœa taking place from the offenſive matter that is continually ſwallowed, eſpecially by very young children.

IN the CURE, internal as well as external remedies are required, and only ſuch as correct putreſcency, and ſupport the ſtrength, appear to be of any uſe. A few drops of the muriatic acid, therefore, taken inwardly, in an infuſion of red roſe leaves, or in the child's drinks; the ſaline draught in effervescence; and in the end, the bark, in doſes ſuited to the age, with good broths, jellies

jellies and wine, are the proper remedies. The parts ſhould be waſhed, and likewiſe injected with the muriatic acid in camomile, or ſage tea, and afterwards dreſſed with the acid mixed with honey of roſes, and over all a carrot-poultice. The child ſhould in the mean time be gently purged with magneſia or rhubarb, to carry down the putrid matters it may have ſwallowed. By this treatment Mr. DEASE informs us he has recovered every patient except one, ſince he had recourſe to this plan, which the world is much indebted to him for making public; though fortunately this dreadful complaint does not appear to be, by any means, a common one.

PSOAS, *or* LUMBER-ABSCESS.

FREQUENTLY as this diſorder takes place in adults, it is as often met

with in younger ſubjects, and even ſuch as are only four or five years of age; and muſt therefore be ranked among the diſeaſes of childhood.

IT is a true chronic, or ſlow inflammation, and is often occaſioned by bruiſes, ſtrains, or lying on damp ground; and is not uncommonly connected with a ſcrofulous taint of the habit. The inflammatory ſymptoms being rarely ſevere, ſuppuration takes place ſlowly, and many months elapſe before the matter can be felt externally; which ſometimes points high up about the loins, hip, or groin, and at others, above the middle and on the inſide of the thigh: In the moſt benign, the abſceſs frequently burſts in the groin. It is, in any caſe, a very dreadful diſeaſe, and is briefly noticed here, only for the ſake of warning parents of the danger of ſo inſidious a complaint, and marking the outlines

outlines of a practice which ſeems to have proved the oftenеſt ſucceſsful.

THE firſt indication is to procure a reſolution, if poſſible, upon the approach of the firſt ſymptoms, ſuch as pain in the loins, difficulty of ſtanding upright, and a painful ſenſe of contraction of the limb, and before thoſe of a hectical nature ſupervene; but unfortunately, the above ſymptoms are too often over-looked, or miſtaken in the beginning.

WITH a view to a reſolution of the inflammation, recourſe ſhould be had to bleeding by leeches, and cupping, and by bliſters applied near the ſeat of the pain; by purging; a ſupine poſture, and low diet; and ſometimes a cauſtic near the lumbar *vertebræ*.

SHOULD theſe means fail, or advice be ſought for too late to expect any thing from them, of no leſs conſequence

is the treatment after the matter is formed; which ſhould be evacuated, by an artificial opening, as early as poſſible, and by a very ſmall aperture. Soon after this, the diet ſhould be changed for one more cordial, and nouriſhing; and the bark, ſteel or vitriol ſhould be adminiſtered, and the patient enjoy a pure air, and take ſuch gentle exerciſe as his ſituation may admit of without an increaſe of pain.—The abſceſs ſhould be dreſſed ſuperficially; and reſtringent, or other injections be made uſe of, among which, perhaps, ſea-water is one of the beſt.

A VERY ſimilar, and equally dangerous diſeaſe is the MORBUS COXARIS, or abſceſs of the Hip-joint: the ſymptoms and treatment of which ſo much reſemble thoſe directed for the *Lumbar-abſceſs*, that it were needleſs, in a work of this kind, to do more than barely mention the diſeaſe.

WHITE

WHITE SWELLING *of the* JOINTS.

I SHALL be equally brief alſo on this article, my intention being only to mention from experience a few remedies for this dangerous complaint, that have been found ſucceſsful, in young ſubjects, if had recourſe to in good time, and before any matter has been formed. Such are, the repeated application of eight or more leeches, and afterwards ſmall bliſters to the joint; gentle frictions of the part; two or three vomits a week, with entire reſt of the limb; and in the end, ſea-bathing, eſpecially if the patient be of a ſcrofulous habit. In a few inſtances, electricity has had an immediate, and wonderfully good effect, even where the joint has been conſiderably enlarged, the pain very great, and the

the child incapable of ſtraightning the limb.

PALSY *of the* LOWER EXTREMITIES *with* CURVATURE *of the* SPINE.

THIS complaint has been of late years ſo thoroughly announced, that it ſhould ſeem unneceſſary to enter into a minute detail of it after the accurate deſcription given by Mr. POTT, whoſe early account and judicious treatment of this dreadful diſeaſe has added luſtre to the reputation acquired by his former publications.

It will be proper, however, carefully to diſtinguiſh it from the ſimple curvature of the ſpine, in which a greater number of *vertebræ* is concerned, and the legs are not peculiarly affected; as well as from a complaint preſently to be

be noticed, under the name of *debility* of the *lower extremities*, in which there is no manifeſt change of figure in the ſpine.

THE Palſy of the lower extremities is certainly confined to no age, and being at firſt very frequently miſtaken in young children for the trifling effect of ſome fall or ſtrain, is intitled to notice in this work. I have never met with it, indeed, where it has not been preceded by ſome fall or violent exertion, though as Mr. POTT has obſerved, ſuch ſuppoſed accidents are ſeldom much noticed previous to the debility taking place: but this is not univerſally the caſe; though it is, indeed, probable, there may be ſome prediſpoſing cauſe, without which no common ſtrain would induce ſo much miſchief in a part continually diſpoſed to accidents.

THE Curvature is generally in the neck

neck or back, though ſometimes in the upper part of the loins, and varies in extent and degree according to the number of the vertebræ that may be affected. The firſt Symptom noticed by children of an age capable of expreſſing their feelings, is an increaſed ſenſibility, and irregular twitchings in the muſcles of the thighs. This is ſucceeded by a diſlike to motion, eſpecially to moving briſkly; the patient on ſuch occaſions finding himſelf likely to fall, his legs getting entangled through their weakneſs, and a diſpoſition to croſs each other, in his attempts to ſtep forward. Soon after this, he perceives himſelf unable to ſtand upright long together, and that the legs and thighs have loſt much of their natural ſenſibility. Matters ſeldom continue long in this ſtate, and the weakneſs increaſing, patients loſe more and more the uſe of both the lower extremities,

tremities, till ſome are unable to moye them at all even in bed; and theſe advances of the diſeaſe are ſaid to be more rapid in adults than in infants. In the latter, I have particularly remarked that rigidity of the ankles noticed by Mr. POTT, by which the toes are pointed downwards, ſo that the heels cannot be brought to touch the ground.

As my intention is only briefly to point out the diſeaſe, and the propereſt means of relief, it is not of importance to enter into a farther detail of the progreſs of this diſorder, and of other complaints which are induced by it whenever the original diſeaſe has been long neglected.

THE obvious Remedy is that firſt happily ſuggeſted by Mr. POTT, and conſiſts only of a large iſſue or ſeton to be made on each ſide the curve, at ſuch a diſtance as may prevent their burſting into

into one. Where the curvature comprehends three or more vertebræ, or joints, the ſeton may be preferable to an iſſue, but if the latter be on any account elected, I ſhould adviſe its being made by the knife rather than a cauſtic; not only as being leſs painful, but alſo for the very effect Mr. POTT has diſapproved of, I mean, the conſequent inflammation before there has been time for ſuppuration to take place. It may, indeed, be doubted, whether the benefit derived from the iſſue may not ariſe rather from the inflammation and ſtimulus produced on the ſurface, than from the diſcharge, to which, nevertheleſs, Mr. POTT ſolely attributes the cure. * In a recent caſe, however, and a very

* IT has been a common idea, that the diſcharge furniſhed by an ulcerated ſurface is the ſource of all the benefit that may be derived from abſceſſes,

a very unpromiſing one, in an infant about ten months old, a very ſenſible relief was afforded as ſoon as the inflammation took place, and before any ſuppuration appeared; and though the child had been many months a cripple, with loſs of health and appetite, unable to ſupport its head, and the *ſternum* very much

abſceſſes, unleſs bliſtered ſurfaces be an exception; in regard to which, phyſicians have uſually conſidered the ſtimulus produced by the cantharides as the chief mean of benefit, eſpecially in caſes of great local pain and inflammation. It is, indeed, matter of ſome ſurprize, that thinking men have not more generally adopted the like idea in regard to other inflamed ſurfaces, whether induced by natural or artificial means. It ſhould ſurely ſeem, that *that* ſtate of the ſyſtem, or of the parts, by which ſuppuration is induced, is more likely to be the occaſion of benefit, than the diſcharge of a large portion of the richeſt animal juices, which is but the conſequence of the other. Thus, in

much diſtorted, the relief was ſo great in one week after the inciſions were made, as left no room to doubt of a perfect recovery; which accordingly took place very ſoon, without any deformity remaining. Had Mr. POTT advanced any other reaſons for the preference given to the cauſtic, or merely aſſerted ſuch preference, I ſhould readily have ſubmitted to the great experience he has had in this dreadful com-

moſt critical abſceſſes, the fever is found to abate as ſoon as the external inflammation takes place, and the patient inſtead of being afterwards benefited by a copious diſcharge, is not unfrequently hurried by it into a fatal maraſmus, when the abſceſs has been large, or improperly ſeated. There may be other inſtances, indeed, in which the ſuppuration, and even the great quantity of the diſcharge, may be beneficial to the ſyſtem; but it is probable, that this is not in general the caſe, and much leſs in the preſent inſtance, which is attended with ſymptoms of general debility.

plaint;

plaint; but though I may very poſſibly be miſtaken in my reaſoning, it appeared a duty juſt to ſtate it, as well as to notice this inſtance in point in a diſeaſe of ſo much importance; hoping at the ſame time, that the deſire Mr. POTT has expreſſed of ſerving the public, and the ſatisfaction he has received from the benefit attending the early publication of ſo valuable a remedy, will induce him to apologize for any attempt to extend, or illuſtrate its utility.

THE iſſues ſhould be kept open till the patient perfectly recovers the uſe of his legs, or even a while longer, at leaſt one iſſue, which ought not to be dried up till the patient can walk firmly alone, and ſhall have recovered all the height which he may have loſt in conſequence of that ſtooping which the diſorder had induced.

IN addition to the uſe of theſe means Mr. POTT has ſuggeſted thoſe of cold-bathing, frictions, and the bark, or ſuch like; but I have myſelf never ſeen any benefit from any thing where the iſſues have failed, which I have found efficacious where no other remedy had been made uſe of. After the recovery, however, if the patient be of a ſcrofulous habit, ſea-bathing is peculiarly indicated.

THE *moxa* has been ſucceſsfully made uſe of in one inſtance, by Mr. GIMÈS,* after the cauſtic, as directed by Mr. POTT, is ſaid to have failed. But as the burning was ſeveral times repeated, and the recovery appears to have been unuſually ſlow, it is not very certain, but a repetition of the cauſtic might have proved equally beneficial.

* *Jour. de Med. Fev.* 1788.

DEBI-

DEBILITY *of the* LOWER EXTREMITIES.

THE diſorder intended here is not noticed by any medical writer within the compaſs of my reading, or is not ſo deſcribed as to aſcertain the diſeaſe. It is not a common diſorder, I believe, and ſeems to occur ſeldomer in *London* than in ſome other parts. Nor am I enough acquainted with it to be fully ſatisfied, either in regard to the true cauſe, or ſeat of the diſeaſe, either from my own obſervation, or that of others; and I have myſelf never had opportunity of examining the body of any child who has died of this complaint. I ſhall therefore only deſcribe its ſymptoms, and mention the ſeveral means attempted for its cure, in order to induce other practitioners to pay attention to it.

IT ſeems to ariſe from debility, and uſually attacks children previouſly reduced by fever; ſeldom thoſe under one, or more than four or five years old. It is a chronical complaint, and not attended with any affection of the urinary bladder, nor with pain, fever, nor any manifeſt diſeaſe; ſo that the firſt thing obſerved is a debility of the lower extremities, which gradually become more infirm, and after a few weeks are unable to ſupport the body. There are no ſigns of worms, or other foulneſs of the bowels; therefore mercurial purges have not been of any uſe, neither has the bark, nor hot, nor cold-bathing. Bliſters, or cauſtics on the *os ſacrum*, and the great *trochanter*, and volatile and ſtimulating applications to the legs and thighs, have been chiefly depended upon; though there is no appearance of an enlargement of any of the *verte-*

bræ,

bræ, or joints of the back, nor of ſuppuration in the external parts, and therefore no reſemblance to the inflammation of the intervertebral cartilages, the pſoas abſceſs, or the *morbus coxaris* of DE HAEN.

WHEN only one of the lower extremities has been affected, the above means, in two inſtances out of five or ſix, entirely removed the complaint: but when both have been paralytic, nothing has ſeemed to do any good but irons to the legs, for the ſupport of the limbs, and enabling the patient to walk. At the end of four or five years, ſome have by this means got better, in proportion as they have acquired general ſtrength: but even ſome of theſe have been diſpoſed to fall afterwards into pulmonary conſumption, where the debility has not been entirely removed. On this account it may be ſuſpected,

that the complaint is ſometimes owing to *ſcrofula*; and I have been very lately informed by a gentleman of character, that he has ſeen one inſtance of a paralyſis, or debility of this kind, in which, upon opening the body after death, the internal ſurface of the lower *vertebræ lumborum* was found carious, though there was no abſceſs of the *pſoas* muſcle, nor external tumor on the back, or loins.

I HAVE ſeen a ſimilar debility ſeize grown people, eſpecially women, after ſome very long illneſs, and has continued a year, or more; during which time they were utterly incapable of walking without the help of crutches. Theſe caſes, however, have always been attended with great pain in the commencement of the complaint, though without tumour of the limbs; and have

ſeemed

ſeemed to be benefited by the external uſe of the waters at *Bath*.

CURVATURE *of the* BONES *from* WEAKNESS.

CROOKEDNESS of the bones, particularly thoſe of the lower extremities, has been mentioned as a common conſequence of rickets, and may claim a tranſitory notice in this work.

THE principal inquiry in the treatment of deformities of this kind, reſpects the uſe of irons for the ſupport of the limbs, whenever the diſtortion happens to be conſiderable. The propriety of this aſſiſtance has, indeed, been doubted by ſome practitioners, as well as their unpleaſant appearance been objected to by parents; who have therefore been inclined rather to truſt only to cold-bathing. Friend, however, as I am

to

to the latter, I may venture to ſay from experience, that it is likely to be prejudicial at the time it is often had recourſe to; for by ſtrengthening the ſyſtem, it rather ſerves to confirm the crookedneſs which the bones have already contracted. It is an advantage, on the other hand, that the bones remain ſoft and yielding as long as the curvature is conſiderable, if ſo be the preſſure of the ſuperior parts be at the ſame time duly counteracted. To ſupport the limbs, therefore, with irons, as long as the ſoftneſs of the bones diſpoſes them to yield under the weight of the body, is certainly a rational intention, and has been very beneficial in numberleſs inſtances. This end obtained, the bones being ſtill lengthning as the child grows up, they naturally incline to become ſtraight, and at this time the cold-bath and other tonics are properly indicated, and will co-

operate

operate to the cure of the complaint. The only care required, is, that the irons be made as light as poſſible, and be properly adapted, and that they be lengthned as often as may be neceſſary.

WHEN a curvature takes place in the ſpine (without any diſeaſe of the *vertebræ* or cartilages) the like method ſhould be taken. Proper inſtruments to ſupport the head and upper parts of the body have been contrived by different artiſts, but thoſe made by Mr. JONES appear to be the beſt.

SHOULD the bones of the arm be curved, either by accident or diſeaſe, in this ſoft ſtate, rollers and paſteboard ſplints properly applied, will be ſufficient to ſupport, and reſtore them to their natural form.

BUT if the injury extend to the hip and contiguous bones, it will not be manifeſt at the time, and can be benefited

fited only by the cold-bath, and other general remedies. If this diſtortion ſhould be conſiderable, it may, indeed, become a ſource of manifold evils in females, as will be noticed in another place.

PARONYCHIA, *or* WHITLOW.

MANY young people are very ſubject to a mild ſpecies of this complaint, which being perfectly ſuperficial, is not improperly termed the *cutaneous* * whitlow, and will attack the ends of the fingers, ſeveral times in a year, without any previous injury of the part. The ſubject is therefore introduced here only with the deſign of recommending a prophylactic, or mean of prevention,

* See PRINCIPLES of *Surgery*, by Mr. PEARSON.

which

which I have frequently ſeen ſucceſsful. This conſiſts only in bathing the fingers, ſeveral times a day, in the following mixture, the moment that a ſenſe of any preternatural heat, or pain, may be felt.

Take of Camphorated ſpirit, four ounces,
Water of acetated Litharge, two drams,
Tincture of opium, half an ounce.
Mix them.

IN the malignant, or deep ſeated whitlow, doubtleſs, the beſt method is to make an early opening down to the bone, which will occaſion the patient much leſs pain than ſuffering the matter to make its own way to the ſurface; which is likewiſe always attended with much miſchief to the part.

FURUNCULUS *or* BOIL.

THE common Boil only is intended here, and is noticed from its frequency in young people towards the time of puberty, who are ſometimes vexed with a ſucceſſion of them. They are, however, juſtly accounted ſalutary, and do harm only when repelled, or haſtily dried up. If a poultice of bread and milk, therefore, be applied from the firſt (if the boil be in a convenient part, otherwiſe a gum-plaiſter) and a bit of yellow or black baſilicon put every day into the hollow, as ſoon as the boil breaks, it will be properly digeſted, and the core, as it is called, be brought out. It is ſometimes for the want of this, that another boil forms in the neighbouring parts, or the child is teazed with ſore

eyes,

eyes, or ſome humor, as it is termed, on the ſkin.

Two or three doſes of purging phyſic ſhould be taken as ſoon as the boil is healed.

CHILBLAINS.

THIS is a complaint ſo well known, that it can need no deſcription. It is generally owing to the circulation of the blood in the minute veſſels of the extremities being checked, by a child having been long expoſed to cold or wet, and afterwards running to the fire inſtead of recovering the natural heat by exerciſe. If the injury be exceedingly great, as it ſometimes is when a perſon has lain for ſeveral hours in the ſnow, the circulation cannot always be reſtored, and ſome parts actually mortify. To prevent this, if poſſible, inſtead

ſtead of bringing the perſon near a fire, he ſhould be immediately ſtripped, and well rubbed all over, eſpecially the parts moſt affected, with ſnow, and afterwards with ſalt and water, and be then put into bed. But I ſpeak chiefly of ſlighter attacks; on the firſt appearance of which, known by the heat, itching, redneſs, and ſwelling of the heels, toes, or fingers, country people apply warm wood-aſhes between cloths, or rub the parts with muſtard and brandy, which if done in time will both prevent their breaking into ſores, and entirely remove the complaint. For the like purpoſe, rubbing the parts with a ſoft bruſh, or ſoaking them in warm water in which a hot poker has been two or three times quenched, and afterwards rubbing them with ſoap, or ſalt and onions, are good remedies; or embrocating them with the ſoap liniment,

or

or with camphorated ſpirit, to two ounces of which may be added a tea-ſpoonful of the water of acetated litharge. But I have lately experienced the good effects of a far ſimpler means than any of theſe, and which I have hitherto never found equalled by any of the warmer remedies; and is nothing more than the ceratum album ſpread on a large piece of thick, doubled lint to be applied as ſoon as the extremitie begin to itch, or be painful.

SOME children are diſpoſed to have chilblains every winter; as a preſervative againſt which, if it be the hands that are liable to be affected, warm leather gloves ſhould be worn, (avoiding woollen, which in theſe caſes is unfriendly to the ſkin) and above all, wearing for a few hours in the day or night, and eſpecially when abroad in the cold, oil'd-ſilk gloves, which is the

beſt preventive both of chilblains and of chopped hands, that has been hitherto known. But if the feet are uſually the affected parts, the heels only may be covered by a piece of waſhing-leather, ſecured round the inſteps, and worn day and night during the cold months; and ſhould be taken off only for the purpoſe of rubbing the parts with the bruſh or liniments, as mentioned above.

WHEN the ſwellings are broken, it is common to dreſs the ſores only with a little cerate, and to wait for the return of warm weather, when they uſually heal of themſelves; but by this means, they often remain bad through all the winter, and when large, are ſometimes not well till the ſummer is very far advanced; and I have even ſeen them remain very bad in grown people, at the end of *September*.

AFTER

AFTER having attended great numbers in this complaint, I am ſatisfied that this kind of ſore requires applications ſomewhat more invigorating, being a ſpecies of mortification; and though it will not always endure very warm digeſtives like many other ulcers, yet when the chilblains are pretty large, a portion of ſome digeſtive joined with the cerate, is very friendly to them. And I have known ſome ſores, though very ſmall, remain long in a very obſtinate and tedious ſtate after the breaking up of a hard froſt, whilſt they have been dreſſed only with cerate, or other mild, or drying applications, as they are called, and begin to heal immediately upon adding a ſmall portion of ſome warm digeſtive, and applying a flannel roller, without any other alteration in the plan. But if they are ſpread to any conſiderable ſize, nothing contributes ſo much

to their healing, as touching the ſores every day with bracing and invigorating lotions, particularly, diluted ſolutions of ſteel, or tincture of myrrhe; which in a very few days will produce kindly granulations in theſe, and other cold ſores, though of long ſtanding.

WHEN the parts are much ſwollen, and the ſores been long foul, it will be often neceſſary in ſevere weather, to make uſe of poultices, of which thoſe made of rye-meal and the compound water of acetated litharge are more active, and therefore preferable to mere bread and milk. If theſe are applied over the above dreſſing of cerate and digeſtive, and changed twice a day, the ſores will heal in much leſs time than by any of the common applications I have ſeen uſed; eſpecially if the parts ſurrounding the ſore be well rubbed with camphorated ſpirit. If children

are not very young, purging them with a little calomel twice a week, will often expedite the healing of the ſores: in the worſt caſes, a decoction of the bark is required.

SINCE this work has been in hand, I have learned the good effects of electricity in chilblains, both as a remedy and a prophylactic, or preventive, eſpecially in very old people, to whom they not unfrequently happen.

BURNS *and* SCALDS.

BURNS are mentioned by ſome old writers, and though a misfortune by no means confined to young people, they too often fall to the lot of infants, through the careleſsneſs of their attendants; and for want of being properly treated at the inſtant, children often ſuf-

fer exceedingly, when a fit application would have rendered the injury trifling.

WHEN ſuch an accident happens, the neareſt aſtringent at hand ſhould be made uſe of, ſuch as brandy, or other ſpirit, ink, wine, or even cold water, till ſomething more proper can be procured; into which the injured part ſhould be plunged, or be covered with pieces of cloth dipped in ſuch liquors, which will prevent the bliſtering of the part; carefully avoiding the uſe of olive-oil, too frequently had recourſe to. As ſoon as it is poſſible to ſend to an apothecary, the following ſhould be procured, and uſed in like manner.

Lime-water, a pint, brandy, two ounces, water of acetated litharge, half an ounce.

If the injury has been too long received to admit of much relief by theſe means, and deep ſloughs are actually formed,

formed, a very proper dreſſing may be made of equal parts of TURNER's cerate, and green ointment of elder; diminiſhing the proportion of the latter as the ſloughs ſhall be thrown off, and the ſores become diſpoſed to heal. But ſhould the injured ſurface be large, or the pain, occaſioned by removing the dreſſings, be very great, it will be ſufficient to cover the parts with pieces of linen dipped in cold-drawn linſeed-oil, which ſhould be moiſtened every day, and ſuffered to adhere till the ſores are in a ſtate to admit of being dreſſed in a common way.

A STRONG ſolution of ſoap in water has long been in uſe with artificers, employed in any buſineſs expoſing workmen to very bad ſcalds; and is a very excellent remedy—About three quarters of an ounce of ſoft ſoap is a proper quantity for a pint of water. But the ſoap takes ſome time in diſſolving, and

as it requires a certain proportion of boiling water, the lotion cannot be made cool enough for immediate uſe by the addition of the proper quantity of cold water. A remedy, therefore, more convenient, and perhaps more efficacious, which if not always in the houſe, may in every large town be ſpeedily procured, may be made of olive-oil, cold water and ley of kali. Six ounces * of oil to ten of water, with two drams † of the ley will make a pint.—This quantity may be ſufficient for a burn on the hand or foot, which is to be immerſed, and kept about half an hour in the liquor, which will remove the injury if had recourſe to immediately; but muſt be repeated, as the pain may require, if the ſcald or burn be of ſome

* Two table ſpoonsful contain about an ounce.

† A tea-ſpoonful contains about a dram.

ſtanding.

ſtanding. Should a perſon be ſcalded all over, and be immediately put up to the chin in a cold-bath of this kind, and the head, at the ſame time, be frequently immerged, or well waſhed with the liquor, very little injury would enſue.—Whatever ſores may be formed, ſhould be treated afterwards according to the foregoing directions.

LUXATIONS, *and* FRACTURES.

INFANTS are not only liable to theſe misfortunes by a fall from the lap, but the bones, or joints, may be ſometimes unavoidably injured in the birth. There is in this caſe, ſeldom any luxation, I believe, but of the ſhoulder, which is not difficult to be reduced, and requires nothing afterwards, but that the limb be kept perfectly quiet. Fractures, indeed, are not quite ſo eaſily managed,

managed, and perhaps happen more frequently. The bones are yet but little more than griſtle, and if ſtrained beyond a certain degree, are eaſily bent, or even broken. The former is very readily reſtored, but I ſhall be more particular on the latter, as the ſubject is of ſome importance.

FRACTURES in the birth are uſually of the collar-bone, the arm, or the leg; the treatment of the two former of which, will include all that is neceſſary to be obſerved of ſuch as may happen in other parts.

The firſt, however, requires very little attention, as it will be neceſſary only to draw the ſhoulders back, confining them in that poſture, by two or three pins in the clothes, and to apply a piece of adheſive, or of the ſoap-plaiſter, ſpread on leather, upon the riſing end of

of the bone, and a larger piece over the firſt.

A FRACTURE of the arm demands a little more attention, but will always end perfectly well. The difficulty conſiſts in keeping the fractured ends of the bones appoſed to each other, without rolling up the arm ſo tight as to occaſion pain, or much ſwelling of the hand, which in a new-born infant, a very ſmall preſſure will effect. I have found no method ſo well adapted as the following, which allowing of a little tumor about the fractured part, without the neceſſity of looſening the roller, preſerves the ends of the bones in due contact, without drawing the roller ſo tight as to prevent the free return of blood from the inferior parts of the limb.

To this end, three little ſplints, about half an inch in width, and an inch and half

half long, may be made of fine linen cloth, five or ſix times folded together, to the thickneſs of common paſteboard; and being ſoaked in a mixture of flour and white of egg, ſhould be placed in the uſual manner, along the fractured ends of the bone. Being applied wet, they will accommodate themſelves exactly to the figure of the limb, and when become dry, will be ſufficiently ſtrong to ſupport the bones. They ſhould be applied immediately on the ſkin, without the intervention of a roller, by which means, when the parts ſwell, which they ſhould always do a little, there will be ſpace enough between them to allow of it, notwithſtanding the preſſure from the roller, which ſhould be applied over them. This ought to be of very fine flannel, and ſhould not be drawn near ſo tight as for adults, nor will there be occaſion for it, as the chief dependance

ought

ought to be on faſtening the arm down cloſe to the ſide, by ſtrong pins fixed into the little gown, in the manner the ſurgeon may beſt contrive at the time. The gown, therefore, ought not to be changed, nor the arm moved, but in his preſence; and if the hand is not inflamed, nor very much ſwelled, and the child is eaſy, the part will not need to be opened under eight or ten days. Till this time, the ſame gown ſhould be worn, and be preſerved clean by ſuch coverings as may eaſily be removed. The ſpeedy union of the bones will depend upon a ſtrict attention to keeping the limb as ſtill as poſſible; and if it be ſo preſerved, the accident will afford very little trouble after the firſt ten or twelve days, and at the month's end, the child will move that arm nearly as well as the other.

IT is very common for nurſes, eſpecially during the month, to ſupport the lower-jaw of an infant whenever it happens to yawn, in the apprehenſion the jaw might, otherwiſe, be diſlocated. This practice is, at leaſt, an evidence of the nurſes attention, and can do no harm, though I have, indeed, never known the accident happen. Should it, however, take place, either at this age, or in older children through ſome violence, it will occaſion a very awkward appearance, and prove very diſtreſſing to the child, who will be diſabled from taking any nouriſhment till the luxation be reduced. Nothing more, however, is required to this end, than to place the thumb of each hand in the back part of the mouth, and the fingers on the outſide, under the jaw, ſo as to depreſs, and at the ſame time bring it a little forward, to diſengage the

the head of the condyle, and then force the jaw ſuddenly back.

On CUTTING *the* TONGUE.

THE directions on this head, as well as the notice taken of many of the following little diſorders, proceed rather from a deſire that nothing on the ſubject of children's complaints ſhould be omitted, than from their real importance. Some of them, indeed, have been entirely overlooked by preceding writers, and though they may ſeldom require much attention, it may ſometimes be of advantage to know what has been ſerviceable in ſimilar caſes.—The inſtance under conſideration, however, is too trifling a matter to dwell upon.—It will be ſufficient to obſerve that the little operation, performed in order to lengthen the tongue, is very frequently

frequently called for where there is no abſolute occaſion for it, the confinement being ſeldom ſo conſiderable as to make it really neceſſary to divide the *frænum*, or little bridle, that adheres to the under part of the tongue. The child will ſuffer ſo very little, however, in the operation, that when it is carefully done, it will be attended with no inconvenience; and if it can afford the mother any ſatisfaction, it will be very proper to comply with her requeſt. It ſeems therefore only neceſſary to add, that ſome little care and ſteadineſs are required, or the ſublingual veins may be wounded, and in conſequence an infant may loſe its life. To avoid this danger, the bridle may be divided by a ſmall curved biſtoury, inſtead of ſciſſars. The handle and blade, when open, need not exceed two inches in length; and the point ſhould be a little curved, and

the

the back made broad, whereby the point may be eaſily forced through the *frænum* in the moſt troubleſome caſe, whilſt the back of the inſtrument will ſufficiently preſs down the veins, ſo as to be entirely out of the way of being injured. Theſe cautions have been judged by ſome people to be very trifling; but beſides that infants have actually bled to death, the following equally fatal accident has ariſen from cutting too deep, which I ſhall therefore notice in this edition, as well as deſcribe an inſtrument contrived for ſuppreſſing the bleeding.

SUFFOCATION *from* SWALLOWING *the* POINT *of the* TONGUE.

THE occaſion of this accident has been mentioned: it is therefore only neceſſary here to notice the ſymptoms

and remedy. The former are thoſe uſually attending ſtrangulation, and come on ſuddenly, and without any probable cauſe but that of the tongue having been cut; but to which they are ſeldom attributed by thoſe, who are ſtrangers to the complaint. The infant appears greatly agitated; the face turns black; and unleſs theſe ſymptoms ſoon diſappear, the child goes off in a convulſion. But if they are preſently removed, the infant is as ſuddenly well; but they generally return again, and have in ſeveral inſtances proved fatal.

Mr. PETIT* has perhaps the credit of diſcovering the true cauſe of the complaint. The remedy conſiſts in nothing more than bringing the tongue into its proper place, and if the infant be ſuckled, putting it immediately to

* *Memoires de L'Academie des Sciences.*

the

the breaſt, which will give the tongue a natural direction. Should the child be brought up by hand, the tongue ſhould be watched for ſome time, at leaſt till the bleeding ſhall be ſtopped; the complaint taking place only in conſequence of that being conſiderable, ſo as to become an inducement to the infant to continue ſucking at the part.

WHEN the ſublingual veins are actually wounded, the danger, it has been ſaid, is conſiderable; and it is to Mr. PETIT that we are again indebted for the beſt contrivance for ſuppreſſing this hemorrhage. The means conſiſt only of a piece of ivory, in the form of a ſhort fork; the prongs of which ſhould be ſo placed as to preſs againſt the apertures in the veins, and the other end againſt the inſide of the lower jaw, and ſhould therefore be broad and convex in that part, that it may keep its place.

Hiccough.

THIS has been ranked among children's diſeaſes, but it is, by no means, a complaint of conſequence, as it ſometimes is in adults. It occurs pretty commonly, indeed, in infancy, but ſeldom requires much attention, as it frequently comes on only after over-feeding, or in conſequence of the overthickneſs, or ſweetneſs of the food, and is one of their moſt harmleſs conſequences. But when it depends on an acid ſtate of the juices of the ſtomach, or occurs in long bowel complaints, it indicates a neceſſity for having recourſe to the abſorbent powders.

Sneezing.

THIS has likewiſe been mentioned by ſome writers as a complaint of young children, for which Rhazes preſcribes refrigerants and anodynes, but it is certainly not a common one, and indeed I have never met with it, in the form of a diſeaſe. It may be occaſioned by looking too long againſt a ſtrong light, as the fire, and eſpecially the ſun, or other very luminous body. It has already been ſpoken of as a well known ſymptom of the meaſles, and of many common colds, but in neither, I believe, requires any particular attention. It is mentioned here, only becauſe I would not paſs over a complaint that has been attended to by any writer of reputation, nor leave ſuch readers at a loſs, who being unacquainted with the diſtinction

between mere ſymptoms and diſeaſes, might at any time be needleſly alarmed by it. But knowing nothing farther of it myſelf, and having no idea of its being a complaint of much conſequence in this country, I have not choſen under ſuch circumſtances, to be a mere copyer from others. It may, however, in conjunction with other cauſes, give riſe to the following complaint in older children.

BLEEDING OF THE NOSE.

I MEET with this complaint alſo amongſt old writers, and therefore beſtow a few words upon it, though it is not often of much conſequence, I believe, before the age of puberty.

IF a child be feveriſh, or otherwiſe unwell, the hemorrhage is often a mere ſymptom ariſing from the complaint under which it labours, and will diſappear

pear upon that being properly treated. But a bleeding at the noſe ſometimes takes place in the healthieſt children, the veſſels of this part being weaker than thoſe which are covered by the true ſkin, and often afford a ſalutary outlet, in caſe of *plethora*, or fulneſs of blood, and therefore uſually contract when the intention of nature is anſwered; after which, a doſe or two of cooling phyſic ſhould be given. But it may be ſometimes neceſſary to draw a little cold water up the noſe, to which ſome vinegar may be added, and to apply ſome thing cold to the upper part of the back. Should theſe little remedies fail, the head may be bathed with cold vinegar and water, and the noſtrils be ſtopped up with doſſils of lint, which on urgent occaſions muſt be dipped in warmed oil of turpentine, or other ſtyptic liquor, and muſt extend

to the poſterior aperture. The laſt means will almoſt always ſucceed; but if otherwiſe, ſome blood ſhould be taken from the arm, if the pulſe does not forbid, the feet be bathed in warm water, and the body be kept open by manna, and cream of tartar, and the patient ſhould live for a little time pretty much upon whey, vegetables and milk; at leaſt, he ſhould not dine wholly upon animal food—The bark will in ſome inſtances be proper.

HEMORRHAGE *from the* NAVEL.

I HAVE two or three times ſeen a complaint at the navel of new-born infants, which is ſcarcely worthy of mention, but from its being an uncommon one. This is an oozing of blood from the part, after an unkindly ſeparation of the chord, and is owing to the ſhooting up

up of a ſoft fungus, which prevents the ſkin from covering the divided veſſels in the manner it otherwiſe does. This hemorrhage has ſometimes continued for ſeveral months, and in ſome inſtances, in ſuch quantity as to prove alarming to the friends of the child, leſt it ſhould in the end be injurious to its health. The little veſſel from whence the blood iſſues, lies always ſo deep that it cannot be ſecured by ligature, nor be conveniently cauterized; the latter of which, indeed, would be very diſagreeable. I have conveyed the lunar cauſtic, however, to the part, but the bleeding has always returned. Nothing farther is neceſſary, than to adapt a proper compreſs, and ſecure it by a ſticking plaiſter and bandage; which ſhould be continued for two or three weeks.

THERE is indeed another kind of hemorrhage of more importance, but this

this ſeems to be ſympathetic, and is attendant upon infants who are in a bad ſtate of health during the month, and is, perhaps, a bad ſign. It takes place where the chord has been apparently well healed; but the ſkin afterwards gives way and the bleeding is much more conſiderable than in the former. It requires, however, nothing more than the application of common ſtyptics, with proper compreſs and bandage. The bleeding not appearing, in the leaſt, to be critical, ought to be ſuppreſſed as ſoon as may be, and whatever complaint the infant may labour under, be treated according to its kind.

HERNIÆ, *or* RUPTURES.

RUPTURES may take place in different parts, but they uſually appear at the navel, or the groin. The former is

is ſometimes complicated with the ventral hernia near the part, and is occaſioned by the ſeparation of the *recti* muſcles, the *linea alba* being there deficient; but it ſeldom extends far above or below the navel. The ſimple navel-hernia is a very common complaint, which if immediately attended to, is eaſily cured, perhaps merely by the uſe of the cold-bath: but if neglected, may prove troubleſome as the child grows up; eſpecially to females. It will be ſooner cured, however, if treated like the former complaint, by adapting a pyramidical compreſs, made of round pieces of good ſticking-plaiſter, ſpread upon thin leather, with pieces of card placed between them; or what is more eaſily prepared, and is adapted to poor people, is a piece of bees-wax as broad as a ſhilling, and half an inch thick; the upper part of it may be round, and

the

the other flat, which ſhould be placed on the navel. But if the child be a twelve-month old, theſe remedies will then require a pretty tight bandage round the waſte; and ſuch a compreſſion, I have frequently obſerved nurſes afraid of, who often looſen the bandage ſo much as to render it of very little uſe. On this account, I have for ſome time paſt recommended MR. SQUIRE's elaſtic bandage, which if this rupture be complicated with the *ventral*, or belly *hernia*, becomes the more neceſſary, and fitting quite hollow on the ſides, and making no kind of compreſſion but on the part affected, and the oppoſite point of the back, perfectly anſwers the end, without the help of a ſurgeon. The child ſhould be daily put into the cold-bath, for ſome months, after leaving off the bandage or truſs—I have often obſerved ſtartings of the navel happen

happen to infants, in whom the ſkin has been found running a certain way upon the navel ſtring; on which account, nurſes ought to be particularly careful in ſuch inſtances, and keep the part more than ordinarily confined.

RUPTURES at the groin are of more conſequence, yet may be ſafely left without a bandage, eſpecially as the cold-bath alone generally cures them when they happen to children before they go alone. In early infancy, there is likewiſe ſome difficulty in retaining the truſs on the part, and it is continually liable to be wetted. Should a rupture, however, be very large, and the infant unuſually fretful and crying, recourſe may be had to a ſteel truſs; to which it will be neceſſary to pay ſome attention, leſt it ſlip out of its place, or the rupture fall down, and be bruiſed by the pad. After two years of age indeed,

indeed, when children begin to take more exerciſe, the uſe of a truſs ſeems to be abſolutely neceſſary, of which thoſe made of ſteel as improved by Mr. SQUIRE, are incomparably the beſt.

HYDROCELE, *or* WATERY-RUPTURE.

THIS is a diſtenſion of the *ſcrotum* of a nature ſimilar to the hydrocele of adults, and when it falls to the ſhare of infants, I believe, it uſually appears at the birth. It is frequently miſtaken by midwives and nurſes for a common rupture, who therefore adviſe a linen bandage to be applied in the uſual manner. It is, however, eaſily diſtinguiſhed from a rupture, by the tumor being tranſparent; without pain; and from not retiring upon preſſure, or not being increaſed by the crying of the infant.

THOUGH

THOUGH I have ſaid it *commonly* makes its appearance at the birth, and that the tumor does not retire upon preſſure, I think I have lately ſeen an inſtance to the contrary.* In this caſe, I had occaſion to examine the parts very attentively at the birth, on account of a little mal-conformation of another kind, and neither then, nor the next morning ſaw any appearance of hydrocele; nor was it diſcovered by the nurſe or mother till ſix weeks afterwards, though the parts, for the reaſon above-mentioned, were frequently examined. About this time I was ſent for in haſte, on account of the appearance of a large hydrocele, which, however, by the mother's report, was before I got there, greatly diminiſhed. There was, nevertheleſs,

* Mr. *Le Febure de Villebrune* met with it in a child of twenty two months old.

about

about three tea-ſpoonsful (as I imagine) of water in the *ſcrotum*, which from this time was diſtended in different degrees, as the water happened to retire, more or leſs, through the rings of the muſcles, which I apprehend muſt have been open; though no portion of the caul, or inteſtine, I believe, ever deſcended; and the complaint diſappeared in a few weeks, by only daſhing the parts with cold water, three or four times a day. —This infant was a twin; and it is remarkable, that the other had likewiſe an hydrocele, which was not diſcovered for three weeks after the former; but was much ſmaller and got well by only the like gentle treatment.

THE hydrocele is a harmleſs complaint, and would probably always diſappear of itſelf in the courſe of a few months; but may much ſooner be diſperſed by ſome aſtringent lotion. The

water

water of acetated ammonia has ſucceed-with me perfectly well, and I have ſometimes made uſe of compreſſes wet-ted in vinegar and water, with the ad-dition of a little ſpirit, as the ſkin has been able to bear it. Perhaps the ad-dition of crude *Sal ammoniacus*, as lately adviſed by Mr. KEATE, in the treatment of adults, might aſſiſt the abſorption of the water. The ſmoke of burning gum benjamin received upon flannel, and ap-plied to the part, is likewiſe a good re-medy. But the ſpeedieſt method is to puncture the bottom of the tumor with the point of a lancet; which, as it may always be done with perfect ſafety, and with very little pain to the child, is of-ten preferred by the mother, as it in-ſtantly removes a blemiſh which cannot but be unpleaſant to her, whenever any other perſon may chance to be wit-neſs to it. In whatever way the water

be got rid of, I never knew it return, nor the child ſuffer any conſequent inconvenience; though the complaint is ſo common that I have ſeen it in many ſcore inſtances, and cured in different ways.

RETENTION *of the* TESTES.

THIS is a tumor in one, or both groins, and is another affection reſembling the *hernia*, and is noticed on that account. As the application of a ſteel-truſs, or, indeed, any other bandage might here be attended with bad, if not fatal conſequences, it is of importance that parents ſhould conſult ſome medical perſon, whenever they ſuſpect a rupture.

THIS complaint being generally owing to a preternatural ſtricture of the rings of the abdominal muſcles, or to a want

a want of due action in the *cremaſter* or *gubernaculum*, I have nothing to recommend, unleſs it be in a negative way, to forbid any rude handling of the part, or attempts of the nurſe to force the teſticles into the ſcrotum. Should any thing of this kind be neceſſary, it ſhould be done by another hand. In the courſe of a few weeks, or months, however, the obſtacle, of whatever kind, uſually gives way; though ſometimes indeed the part remains confined through life, and its unnatural poſition is certainly attended with ſome inconveniences, and a greater chance of injury to the *teſtes*; of which I have ſeen more than one inſtance in adults. Should inflammation take place, in conſequence of any accident, during infancy, every proper means of counteracting it ſhould be immediately had recourſe to, ſuch as gentle laxative medicines, and ſedative

embrocations and cooling poultices, made of the compound water of acetated litharge.

TUMEFACTION *of the* PREPUCE.

THIS little complaint, like the hydrocele, ariſes from extravaſated water, and is a partial *anaſarſa*, or dropſy of the ſkin, and if it be not attended with inflammation, nor owing to a ſtone ſticking in the paſſage, as it ſometimes is, it never proves of any conſequence, and is mentioned only becauſe it is always alarming to parents.

It may be waſhed frequently with the compound water of acetated litharge, or the part be wrapped up in a poultice of that kind, and the body be kept open, which uſually removes the complaint in two or three days; but if it ſhould not, the part may be lightly ſcarified,

rified, and afterwards fomented. Should it ariſe from inflammation, as in the *eryſipelas infantilis*, the inflammatory cauſe muſt be properly treated. If from a ſtone in the paſſage, the ſtone muſt be extracted, if within reach, or if otherwiſe, it ſhould be forced back into the bladder.

PROLAPSUS, *or* PROCIDENTIA ANI.

THIS is a falling down of the internal coat of the lower bowel (this coat being much longer than the others, and full of folds) and is either owing to its laxity, or to irritation. It is no uncommon complaint, nor uſually difficult of cure, being generally a ſymptom of ſome other, ſuch as worms, or other foulneſs of the bowels, or has been induced by rough purges, diarrhœa, long coſtiveneſs, a

ſtone in the bladder, or other irritating cauſe, and is uſually preceded by teneſmus, or needing; to each of which the proper remedy muſt be applied, or the cure of the prolapſus will be attempted in vain.

BUT if the complaint ſhould remain, after the irritating cauſe ſhall have been removed, it will then depend merely upon a relaxation of the part, ariſing from the long habit of deſcending every time the child has gone to ſtool, and is, in general, eaſily cured by an aſtringent lotion. To this end, a compreſs of cotton, or ſoft tow, wrung out of the dregs of red wine, to which may be added a few drops of the water of acetated litharge, ſhould be often applied, and ſecured by a linen bandage, ſo as to make a firm compreſſion on the part; the compreſs may alſo be ſprinkled with fine powder of myrrh, frankincenſe, and dragon's

dragon's blood, or receive the ſmoke of turpentine caſt on burning coals. Or, ſuppoſitories may be made of powder of balauſtines, red roſe leaves, and oak bark, in honey, and introduced into the bowel, after going to ſtool—It may be found expedient to have the part ſupported at ſuch times, by a ſervant placing a finger on each ſide the gut: but this caution will not be neceſſary unleſs the complaint has been of long ſtanding, or the deſcent be conſiderable.

WHEN this is the caſe, aſtringent fomentations and injections will alſo become neceſſary. Theſe may be made of a decoction of oak-bark, which muſt ſometimes be rendered more powerful, by the addition of a little alum; the quantity of which ſhould be increaſed as the part may be able to bear it. In children of eight or ten years old, who take much exerciſe, recourſe may

be had to MR. GOOCH's ſuſpenſory, inſtead of the linen bandage above recommended.

DISCHARGES *from the* VAGINA.

THESE are either *ſanguineous*, *mucous*, or *purulent*.—As I ſpeak profeſſedly only of appearances before the age of puberty, I have merely to remark on the firſt, that female infants have ſometimes ſuch a diſcharge from the vagina a few days after birth, which appears to be of no conſequence. Should it, however, on any account, be thought neceſſary to preſcribe ſomething, a little teſtaceous powder, or magneſia, according to the ſtate of the bowels, will be ſufficiently aſtringent, as the diſcharge always diſappears in a few days.

CHILDREN of five or ſix years old, are ſubject to a *mucous* diſcharge, reſembling

bling the genuine *fluor albus* of adults, which will in ſome inſtances be in an exceſſive quantity, ſo as to run through all their clothes; and is ſometimes, though rarely, tinged with blood. If it were ſuffered to continue, it would probaby injure the health, but I believe may always be cured, by one or other of the means recommended for the next, which may be called *purulent gonorrhœa.*

THIS is no uncommon complaint in children of three or four years old, and is then, in general, eaſily removed by a little cooling phyſic, and keeping the parts perfectly clean. I have ſometimes made uſe of a lotion of the compound water of acetated litharge, which I believe is preferable to moſt others, if had recourſe to in the commencement of the complaint; and if there be any excoriations, they ſhould be covered with the *unguent. ceruſſæ acitatæ*, ſpread upon linen, or lint.

WHEN

WHEN the *purulent* diſcharge makes its appearance later, which it will do at eight, ten, and even twelve years of age, and is much diſcoloured, and fetid, it gives riſe to a ſuſpicion which young practitioners cannot be too guarded againſt. There are, indeed, inſtances of little girls, not more than ſix years old, being injured, and it is of conſequence to make a judicious diſcrimination; but there are on the other hand, inſtances of a very ſuſpicious appearance, as late as the age of thirteen or fourteen, where no injury could be received without the conſent of the party, who is generally perfectly innocent, and where, therefore, the leaſt ſuſpicion would be very diſtreſſing to her, and might make a whole family miſerable. *

DIS-

* Induced by motives of humanity, I hope I may be permitted to add a word or two more on

DISCHARGES with the worſt appearances, are frequently removed in eight or ten days, merely by the treatment above recommended, but I have ſeen ſome caſes in the youngeſt ſubjects, of

on this ſubject, to profeſſional readers; whoſe prudence and information may not only prevent a vaſt deal of unnneceſſary diſtreſs to many worthy families, but may even ſave the life or character of another party ſuſpected of criminality. For, beſides many inſtances wherein inattention or ignorance might give riſe to injurious ſuſpicions, there are caſes which call for much experience and attention in order to form a juſt and decided opinion. I have, indeed, known the diſcharge to be ſo ill-coloured and fetid, and attended not only with great pain and inflammation, and excoriation in different parts, but ſuch tumor and other appearances of violence offered, about the *furca*, that had the patient herſelf advanced any charge, I fear, I ſhould not have heſitated to have joined in with it; and yet from the event, as well as the whole hiſtory of the caſe, it has been very evident, that no kind of injury had been received.

a bad

a bad habit of body, where mercury, as a deobſtruent, has proved uſeful, though I could not have the leaſt ſuſpicion of a venereal taint. In ſuch caſes, I have found WARD's white drop a more convenient medicine than any other preparation of mercury: it may be given in the doſe of half a drop, and may by degrees, be increaſed to two and even three drops, once or twice a day, for two or three weeks. But where this has failed, I have only to add, that I have been always able to ſucceed by giving a decoction of the bark, with *balſam. copaibæ, ovi vitel. ſolut.* which is alſo an admirable medicine in the *fluor albus* of adults.

OF *the* VENOM *of* INSECTS, *and of* CERTAIN ANIMALS.

THOUGH the following accidents, like ſome others before mentioned, are not

not confined to any age, they are, at leaſt more formidable when they fall to the lot of little children. It is hoped, therefore, it will not be thought triffling, to recommend ſome ſuitable antidote againſt the bite, or ſting of venomous inſects, particularly the waſp, gnat, and other flies; eſpecially as they happen frequently to children in the country at a diſtance from medical help, and often alarm parents exceedingly. Indeed, for the moſt venemous, ſuch help can rarely be had before conſiderable inflammation has taken place; after which it will take its courſe, and will continue, if occaſioned by a gnat, three days, and by ſome other inſects, for ſix; though the tormenting itching may be allayed much ſooner by the means of proper applications. If the bite ſhould be on the eyelid, the inſide of the lip, or ear, very troubleſome ſymptoms may follow, and

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the infant will be vexed by it exceedingly.

IN the abſence of better remedies, the firſt application may be, of the ſtrongeſt ſpirit at hand, three parts, two of vinegar, and one of ſweet-oil; taking care it do not get into the eyes. But as ſoon as may be, the following ſhould be applied very frequently; which will check the progreſs of the venom, and allay the pain and itching immediately,

Of camphorated ſpirit, a table-ſpoonful,
Of diſtilled vinegar, and of laudanum,
each a tea-ſpoonful;

to which, if the injury be not too near the mouth, may be added twenty drops of the water of acetated litharge.

THE bite of the common bug which infeſts crouded places, not only occaſions a tormenting itching in children of a very

very delicate ſkin, and in certain grown people newly come from open villages, but will alſo ſometimes raiſe bliſters as large as pigeons eggs, and will inflame the parts for ſeveral days. The beſt application, I believe, is vinegar with a ſmall quantity of olive-oil, and a few drops of laudanum: oil alone would rather increaſe the ſize of the bliſters. —Whereas, for the highly venomous bite of the viper, the immediate application of olive-oil is the well-known, and certain remedy.

UNDER the painful impreſſions of an awful accident that happened in my own family, at the time I was engaged in this part of the work, (though I thank God, the alarm terminated happily), I cannot avoid dropping a few words on the envenomed bite of *morbidly* ENRAGED ANIMALS. It is not my intention, however, to advert to the peculiar

liar nature of this moſt malignant poiſon, nor to enumerate the many deceitful remedies that have been at different times propoſed with an air of infallibility; ſince dwelling long on this unpleaſant ſubject would ill accord with a tract of this kind. Nor is it my deſign to propoſe any new remedy, but rather to lament, that the beſt preventives ſhould be ſo ill attended to, particularly amongſt the inferior claſs of people, to whom this dreadful accident happens oftener than to the rich. And on this account, as well as the ſubject being rarely treated of, and ſeldom falling in the way of any but medical people, (who are often conſulted too late) it is hoped, the intention will apologize for obtruding a friendly caution in this place. For, after a good deal of experience, and much inquiry and reading on this ſubject, I am confident, that nothing ought,

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in any inſtance, to be depended upon, but taking out the injured parts, by the knife or cauſtic; which if duly and timely effected, cannot fail to prevent every evil apprehended. But whenever the ſituation of the wound may not admit of going deep enough to inſure ſucceſs, or too much time may already have elapſed, the ſtronger mercurial ointment ought to be rubbed in very freely, ſo as to raiſe a ſalivation; which has not only been thought to have proved an effectual prophylactic, but to have alſo ſucceeded even where evident ſymptoms of infection had taken place. *

I HAVE only to add, (what it is, indeed, a great ſatisfaction to be able to ſay,) that, dreadful as this accident is

* See *Hiſtoire et Memoires de la Societè royale de Medecine. Année* 1783. 2de *partie.*—TISSOT, Dr. LAYARD, &c.

where the poiſon has taken effect, it is evident, that only a very ſmall proportion of thoſe who are bitten by animals actually enraged, receives any injury from it. Fortunately, the clothes ſometimes prove a defence, by wiping off the foam from the animal's teeth; at others, it does not happen to be forced into the wound, or is not yet poſſeſſed of a poiſonous quality; or laſtly, it is not abſorbed, or the ſyſtem may not be in a ſtate to be infected. Theſe aſſertions are ſupported by numberleſs facts, though much leſs frequent, perhaps, in *London* than in ſome other parts, eſpecially on the Continent, where ſuch animals are very commonly met with, and often wound great numbers of people.

IT is, doubtleſs, the uncertainty of the effects attending ſuch injuries, that has ſupported the credit of many fallacious remedies on this melancholy occaſion.

caſion. Encouraging, therefore, as the above circumſtances certainly are, it would, indeed, be madneſs to confide in them, where the proper remedy may be made uſe of in time; and though I ſhould wiſh to conceal rather than ſpread theſe acknowledged facts, could I think they would have ſuch an effect, it is on the other hand, no ſmall ſatisfaction, that ſuch encouragement may be juſtly held out to thoſe who may be under any alarm for themſelves or their friends.

THERE are ſeveral other diſeaſes attributed to young children, recorded by *Rhazes*, *Paulus*, *Oetius*, *Fabricius ab Aquapendente*, *Celſus*, *Primeroſe*, and other leſs ancient writers; of ſome of which I know nothing but from their own account of them, or that they are needleſs diſtinctions of diſeaſes already mentioned, which the ancients were very fond of making, eſpecially in complaints of the

ſkin, but can anſwer no practical end. Among the diſeaſes mentioned by theſe writers are, *Lentes*, *Hiſpiditas*, *Achores*, *Favus*, *Pſorophthalmia*, *Impetigo*, *Ranulæ* or *Batrachos*, *Seriaſis*, *Pariſthmia*, *Parulis*, *Inflatio*, *Crinones*, *Malum Pilare*, *Phthiriaſis*, *Hydroa*, *Macies*.

THE ſix firſt are affections of the ſkin, or the eye-lids. *Achores* and *Favus** are a ſort of *Cruſta-lactea*, or milk-blotches, ſo called by ſome, when of a dark colour, or ulcerated, and extending to the head, and *Impetigo* when it attacks the chin; but by others the term *Achores* is applied only to adults. *Pſorophthalmia* is confined to the eye-lids, and is ſo named by ŒTIUS, and others after him.

* The *Tinea*, or ſcald-head, ſo called when the ſcabs have reſembled moth-holes in cloth, and *Favus* when like an honey-comb, has been alſo termed *Achores*, when the diſcharge has been unuſually acrimonious.

Ranula

Ranula is an inflammatory tumor of the parts under the tongue, and, according to the ancients, particularly of the veins: it ſometimes ulcerates, but often preſents a ſpecies of ſoft, and lax *œdema*. CELSUS ſays the tumor is ſometimes included in a cyſt, which muſt be taken out; the operation for which is fully deſcribed by AQUAPENDENTE. Although ſuch ſeemingly different accounts are given of this complaint, the *Ranula* appears to be no more than an infarction of the ſublingual glands, and I believe, is not very common in infants, and indeed is moſtly an endemic complaint. I have ſeen it, however, in this country, in adults, of the ſize of the largeſt walnut, and it then becomes very troubleſome, both in ſpeaking and deglutition. When large it is uſually ſoft, and contains a fluid, and ſometimes calcareous concretions, owing to an obſtruction of the ſalivary ducts. In this

caſe, it needs only to be opened, and to be cleared of all the concretions; but if it be hard, the whole tumor muſt be extirpated. Seriaſis, from σιρος, *quia caput quaſi excavatum cernitur* — PAULUS (*Lib.* i.) deſcribes it as an inflammation about the *cerebrum*, in which the brain is ſaid often to mortify within three days; but if it ſhould not, the child may recover. *Pariſthmia* is an inflammation of the tonſils, or throat, but is certainly not common in this country; it is hinted by HIPPOCRATES in his book *de Dentitione*. *Parulis*, a complaint deſcribed by PAULUS as a painful tumor about the gums; RHAZES calls it a bliſter in the mouth. *Inflatio* is a diſtention of the ſkin from wind or water after a child has been reduced by long illneſs. *Crinones*, or *Grubbs*, is little known as a diſeaſe, I believe, in *Europe*. It is probably a ſecretion from the ſebaceous glands, and appears on the arms,

arms, legs and back of ſucking children; and is abſurdly enough thought by ſome to be produced by inſects: * older children are often found to have ſome appearances of it, but it ſeldom affords them farther trouble than a little itching, and they amuſe themſelves by forcing out of the ſkin what they call worms.—In the inſtance of infants ſo affected, rubbing the parts with a coarſe cloth, by the fire-ſide, is all that will uſually be neceſſary in northern climates.

THOUGH this kind of affection is generally of little conſequence, whether in infants, or young children, I have, nevertheleſs, known it prove a very troubleſome complaint in older ſubjects, eſpecially in females about the time of puberty. In ſuch inſtances, the whole neck, back and breaſt will be covered

* ASTRUC. LIEUTAUD.

with little black ſpots, which gradually inflame till the parts become totally covered with heated pimples. Theſe at firſt itch intolerably, ſo as frequently to keep the patient from ſleep through the greater part of the night; and in conſequence of being continually rubbed, turn to little inflamed and angry boils. When ſome of theſe have diſcharged the ſebaceous matter, and are healed up, others will ariſe, in ſucceſſion; and at the end of ſeveral months, the ſuperior parts of the body are covered with them.

AFTER making trial of common purges and alteratives, to no laſting advantage, I have cured the complaint by waſhing the parts morning and evening, for a few days, with the lotio ſaponacea, and afterwards rubbing in a little unguentum hydrargyri nitrati; and when the ſoreneſs has gone off, making

uſe

uſe of a proper fleſh-bruſh, for two or three months. The patient may at the ſame time take a few drops of the aqua kali, two or three times a day, in a cup of ſaſſafras-tea, or milk and water.

A complaint ſometimes confounded with the former, is that called *Morbum pilare*, and is ſuppoſed to be ſpoken of by HILDANUS, as ſadly tormenting one of his own children. It is alſo mentioned by PAREY; but I have never met with it myſelf. It is ſaid to be owing to hairs not duly expelled, which ſtick in the ſkin, eſpecially in the backs of young infants, whom it torments by an inceſſant itching, and ſometimes raiſes ſmall tumors. The cure is ſaid to conſiſt in fomenting the parts, and then pulling out the hairs with a pair of nippers.

Phthiriaſis, or *Morbus pediculoſus*, is a complaint I ſhould not have mentioned, were

were it not ſometimes found very troubleſome, and the heads even of children who are kept the moſt cleanly, much peſtered with theſe ugly vermin. It is not therefore intended to treat of it as a diſeaſe in other parts, and will be quite ſufficient to ſay, that the cure is, in general, very ſimple, and requires only the hair to be ſprinkled for a few days with the powder of *ſtaves-acre*; a remedy that is kept a ſecret by ſome foreign perfumers, who ſell it at a great price.

Hydroa, or *Sudamina*, is a triffling eruption from the ſudorific glands. *Macies*, or according to ſome, *atrophia lactantium*, is applied to a decay, ſaid to ariſe either from worms, (and is then called *atrophia verminoſa* *) or to the unſuitableneſs of the breaſt-milk, which though it may

* See HARRIS.

be

be good in its kind, will not prove alike nouriſhing to all children. The milk is then properly directed to be changed, upon which it is remarked, the child will often recover. This diſorder is, however, a true *atrophy*, or *maraſmus*, from whatever particular cauſe, and into which an infant may fall in conſequence of almoſt any of the complaints treated of in the foregoing pages, when they may happen to prove of very long continuance.

I HAVE now gone through all that have been uſually ranked amongſt the diſorders of infants, and have taken ſufficient notice, as I apprehend, of every complaint worth mentioning, that I have met with either in my reading or practice; and may flatter myſelf this little tract will be found to poſſeſs the advantage of compleatneſs above every work

of

of the kind.* That nothing may be over-looked, it remains to take notice of ſome *congenite diſeaſes*, and other external blemiſhes; and firſt of thoſe about the head.

ENCEPHALOCELE, *or* HERNIA *of the* BRAIN.

MANY infants come into the world with ſome parts imperfectly formed, and never more commonly than in the upper part of the ſkull. If the deficiency be very great, and accompanied

* Should the intelligent reader recollect any diſorders of conſequence that are overlooked, or conceive there are any material miſtakes in the deſcription or treatment of others, and would be at the pains of making the author acquainted with them, his ſtrictures will be thankfully received, and duly noticed, ſhould the author live to reviſe another edition.

with

with a like want of brain, ſuch fetuſes fall under the claſs of Monſters, and being never born alive, are not ſubjects of this work.

The *hernia* of the brain, on the other hand, is met with in infants otherwiſe completely formed, and is generally curable. The public is indebted to *Monſ.* FERRAND for an accurate deſcription of this complaint, given in the 5th volume of the *Memoires de L'Acadèmie royale de chirurgie.*

The *Encephalocele* is a ſoft circumſcribed tumor, uſually of a round form, and correſpondent in ſize with the extent of the deficiency of *cranium*; to which the complaint is owing. It is without fluctuation, or diſcolouration of the ſkin, but is attended with a perceptible pulſation of the brain, which ſynchronizes with the pulſe. The tumor retires and diſappears upon preſſure, and

is

is always ſituate either on one of the fontanelles, or in the courſe of one of the ſutures, and is never larger than a pullet's egg. Where the defect of oſſification is very conſiderable, a much larger portion of brain is conſequently protruded, which ſtrictly ſpeaking, it were leſs proper to call a diſeaſe, than a fatal mal-formation, as it is pertinently remarked by *Monſ. Ferrand*; and no more reſembles the true *encaphalocele*, than an *eventration* reſembles the common inteſtinal *hernia*. It will be very neceſſary, however, carefully to diſtinguiſh this incurable evil from other ſoft tumors of the ſcalp, preſently to be noted, which it very much reſembles; the latter having frequently the like preciſe feel of a bony margin around the tumor, as is common, indeed, in caſes of extravaſation upon any ſolid ſurface. The tumor is alſo colourleſs, and often

often as large as in the fatal mal-formation, but has a conſiderable fluctuation, and is farther diſtinguiſhable by the tumor not retiring upon preſſure, nor being attended with any pulſation.

THE *Encephalocele* is, indeed, eaſily diſtinguiſhed from them both, by the brief deſcription above given of it; and fatal as it would be were it left to itſelf, it requires only to be properly underſtood, in order to adapt a rational and effectual remedy, which conſiſts only in a careful and due compreſſion of the part. This may be affected by the application of a piece of lead, ſomewhat larger than the tumor, and pierced with holes, that it may be ſewed to the child's cap. The compreſſion ſhould at firſt be very moderate, and always ſuch as may not give pain to the infant, nor diſturb any of the natural functions; and may gradually be increaſed

creaſed as the tumor ſhall retire. This is all that is required from art, the cure being the buſineſs of nature, which if the child continue healthy, will proceed in the work of oſſification, and in due time will fill up the vacancy in the ſkull. The protruſion of the brain was before an obſtacle to this proceſs, whilſt the injury that tender organ muſt ſuſtain by the preſſure from the ſides of the bone, expoſed it to all the evils which compreſſion never fails to produce; and which it were needleſs to enumerate in this place.

TUMORS *of the* SCALP.

THERE are other tumors on the heads of new-born infants, which it were improper intirely to paſs over. One kind is occaſioned by long compreſſion in the birth, is of different ſizes, and

and the ſkin is always diſcoloured, but ſeldom requires much attention, as theſe tumors frequently diſappear in a few hours. If large, it is common to bathe, or foment them with red wine, brandy and water, or vinegar, and in general they gradually ſubſide, though ſometimes not perfectly for ſeveral days. Some of them, however, are of more conſequence, and concerning the treatment of which practitioners have differed; the abſolute impropriety of opening any tumors ariſing from compreſſion having been conceived of by many. On the other hand, I believe, it may in ſome caſes, be really neceſſary, in order to prevent a troubleſome fungous ſore, and even a *caries* of the ſkull. The diſcrimination, however, is ſufficiently obvious, ſuch aſſiſtance being required only where the above remedies and compreſſion have had no effect, and the

tumor is found ſenſibly to increaſe day after day, which in ſome inſtances has been the caſe to the end of the month. Such growth is always owing to the extremities of the arteries ruptured by long compreſſion, being ſtill open, and pouring out an ichorous fluid into the cellular membrane, and thereby keeping up, and increaſing the original tumor.

UPON opening the integuments, a bloody fluid is let out, and the tumor nearly ſubſides, which afterwards requires nothing but moderately aſtringent applications and preſſure, which ſhould be continued for a little time after the aperture is cloſed.

ANOTHER kind of tumor has been hinted, which has a more unfavourable appearance; and of which it may be proper in this place to take a little farther notice. Theſe tumors contain a kind of ſerum, and are often very large,

but

but without that diſcolouration of the ſcalp and bruiſed appearance, that there conſtantly is in thoſe laſt deſcribed, nor do they, indeed, ſeem to ariſe from compreſſion; I have, at leaſt, ſeen them extending over a fourth part of the head, and raiſed a full inch from the ſkull, after the ſhorteſt and moſt eaſy labors. To the deſcription before given of them it may be added, that this kind of tumor, I believe, will always ſubſide very kindly, though ſometimes not compleatly, for ſeveral weeks. It uſually begins to leſſen, however, in ſix or eight days after birth; and as it ſubſides, more and more of the ſkull may be felt, from day to day, in proportion as the abſorption of the fluid takes place. To aſſiſt nature, therefore, in this operation, embrocations of vinegar, crude ſal ammoniac and camphorated ſpirit ſhould be made uſe of, with a gentle compreſ-

ſion of the part, as well as keeping the bowels properly open.

LYMPHATIC TUMORS *on the* HEAD *and* SPINE.

THERE is another kind of tumor appearing ſometimes on the head, and at others, on ſome part of the ſpine, which is not owing to accidents in the birth, but is of a morbid nature. Theſe tumors contain a lymph, and are attended with evident fluctuation, as may be diſcerned by the touch; and unleſs they are exceedingly ſmall, ought in no caſe, I believe, to be punctured, or even removed by ligature, though adhering only by a ſmall pedicle. Thoſe on the ſpine of the neck, or back, or on the loins, if they do not ariſe from the *dura mater* incloſing the *medulla ſpinalis*, ſeem to originate at leaſt from the *perioſteum* of the ſpine;

ſpine; and the iſſue having ſome morbid ſource, will be kept up after the tumors are opened, or even totally extirpated, and preventing the ſore from healing, the infant ſinks under the diſcharge, or dies in convulſions.

BUT there are other tumors of a ſimilar appearance, which being nevertheleſs of a different kind, may be ſometimes ſafely extirpated, and will be noticed below under the head of *Spina Byfida*, to which likewiſe they bear a conſiderable reſemblance.

SPINA BYFIDA *and* PARENCHYMATOUS TUMORS.

THE *Spina byfida* is too well known to require much to be ſaid upon it. It is a fatal mal-formation, and ſeldom admits even of much temporary relief, though ſome evils may be prevented by

pointing out the moſt innocent applications.

IT is of two kinds, open and occult. They both ariſe from deficiency of bone in ſome part of the ſpine, uſually about the loins, or *os ſacrum*. The ulcerated ones are of a deep red colour, and in figure and ſize reſemble the mouth when the lips are drawn together, and the angles brought towards the centre. When the *ſpina byfida*, is occult, or the ſkin is yet intire, it is of a ſcarlet, or ſublivid hue, the tumor unequal, pretty firm in ſome parts, and in others raiſed into little veſicles, and often reſembles a cancer juſt about to break into a ſore. It is well known, that in this ſtate, the ſkin ought not to be opened, as it would certainly haſten the death of the infant. On the other hand, every mean ſhould be made uſe of to prevent the ſkin from giving way, which ſhould therefore be dreſſed

dreſſed with cooling, aſtringent and drying applications, in the form of lotions and powders, and the part afterwards covered with a ſaturnine cerate; which are likewiſe the propereſt applications afterwards, as well as for that which is open from the birth, and will, at leaſt, afford ſome eaſe, as well as tend to prolong the life of the child. Such treatment is alſo the more proper, from the hope that the tumor, whilſt occult, may poſſibly be of the more benign kind, now to be noticed.

THESE I have termed *parenchymatous* tumors; they appear on different parts of the ſpine, but more commonly near the neck or *os ſacrum*, are accounted *marks*, and ſometimes, it has been ſaid, reſemble the *ſpina byfida*, but are not always of ſuch a morbid nature as to prove certainly fatal, though it is probable, they all might, if left to themſelves.

ſelves. As I deſign, however, to treat only of ſuch as will admit of ſome remedy, I ſhall mention only two.

THE firſt is a tumor on ſome of the *vertebræ*, uſually of the neck, or the firſt of the back; it is of a ſublivid hue, unequal, internally ſpongy, and very vaſcular. I ſaw one of this kind ſome years ago, in conſultation with the late Sir CÆSAR HAWKINS, who adviſed to preſerve the ſkin unbroken, as long as it ſhould be poſſible, which he feared was all that could be done for it; and to this end, recommended the free uſe of the compound water of acetated litharge. It was then about the ſize of a crown-piece, and not raiſed very much above the level of the ſurrounding parts. The tumor, however, increaſed, and the ſkin not long afterwards gave way, and the child became ill; in conſequence of which the late Dr. HUNTER was deſired

ſired to give his opinion, who adviſed the tumor to be taken out, as the only chance for preſerving the child's life: but the father diſapproved of the operation. The part ſoon began to bleed a good deal at times; in order to ſuppreſs which, as well as to leſſen the tumor, which was now conſiderably more prominent, I ſprinkled it with the following powder, ℞. *Bol. Armen. pulv. Catechu ā* ʒij. *Alumin. rup.* ʒj. *Miſce.* Over this, compreſſes wetted as above were applied frequently through the day. Theſe would ſometimes adhere for ſeveral days owing to the blood and powder forming a ſort of paſte, till a freſh oozing from the veſſels looſened them; at which time the bleeding returned, and the applications were repeated: by the continuance of which, however, for ſeven or eight weeks, and compreſſion with a piece of thin lead, the veſſels

gradually

gradually ſhrunk, and the diſcharge being dried up, the part was happily ſkinned over, and the child recovered its health.

I HAVE lately ſeen another tumor of this kind, which was treated in a different manner. It was ſeated on the laſt *vertebræ* of the back, and was apprehended to be the true *Spina byfida*: but as no part of the bone could be felt, nor the tumor by preſſure, be made to recede, I hoped it might be otherwiſe, and ventured to adviſe taking it off, as the only chance the infant had for its life. This was accordingly done when the child was about eight days old, and though a good deal of blood was loſt in the operation, from a deep ſeated artery, the ſore at the end of the month was perfectly healed, and the child ſoon afterwards became as healthy as any other in the family.

On

On the HARE-LIP, and other EXTERNAL BLEMISHES, or COMPLAINTS, ſuppoſed to be MARKS of the MOTHER.

THOUGH it be ſomewhat beſide my purpoſe, to treat expreſly on ſurgical *operations*, I cannot cloſe this part of my ſubject without taking notice of the *hare-lip*, and other very common blemiſhes, if it were only for the ſake of adding my teſtimony to that of a ſenſible modern writer, * who has in an able manner, though not with equal ſucceſs, combated the unhappy prejudices of mothers in relation to *marking* their children; which they always imagine to be owing to a violent impreſſion from the

* Dr. HUGH SMITH.

ſight

ſight of ſome diſagreeable object, or to a diſappointment in ſomething they may have longed for, during their pregnancy.—And I have choſen this place for ſuch obſervations as I have to offer on this head, becauſe the *hare-lip*, and a few other of the blemiſhes remaining to be noticed, bear that reſemblance to objects around us, which is wanting in thoſe before mentioned.

THE repeated experience of every attentive obſerver, has uniformly militated againſt the tormenting ſuſpicion alluded to, but ſtill it prevails, though only to the injury of thoſe who ought, for their own ſakes, to be perſuaded to the contrary. Every man long in buſineſs has known many inſtances of affectionate mothers, (for this needleſs diſtreſs falls only to the lot of ſuch) who have tormented themſelves for ſix or ſeven months together, in the painful apprehenſion

prehenſion of diſcovering ſome ſad blemiſh in the child, (and on this account have trembled to look on it when it has come into the world) which has afterwards proved to be as perfect as they could have wiſhed, and as the more diſpaſſionate amongſt their friends have all along ventured to foretel. On the other hand, where children have been born with ſome real blemiſh, it has never been ſuſpected by the mother, unleſs now and then in a moſt timid perſon, (who has always bred in fear on account of ſome diſagreeable object or other ſhe has ſeen), or elſe, the blemiſh has turned out to be ſomething *perfectly irrelative* to it. * And here it ought to be noticed, that

* Among ſeveral inſtances of ſuch blemiſhes, in the Britiſh Lying-in Hoſpital, we have had ſome remarkable ones of the *intire ignorance* of any ſuch ſuppoſed cauſe. In one, the infant was more

that where a child has really been marked, and the mother has inſiſted on her having ſeen, and been frighted by an object which the blemiſh has reſembled, it has (to the beſt of my knowledge, at leaſt) appeared always to be an

more marked than almoſt any one I have ever ſeen; but I ſhall only notice, that the eye-lids, part of the noſe and temple, and the greater part of one of the cheeks were as black as ink, and exactly reſembled a dry gangrene of the parts. In a recent inſtance, the extremities were uncommonly ill-formed, and not a little reſembled thoſe of different animals; but the mothers of theſe infants had gone on to their full time, without having received any fright they could recollect, or ſuſpecting any thing amiſs in their children.

I ſhould not, indeed, have ventured, even in a note, to have particularized ſuch deformities, but on account of their aptneſs, and in the hope of preventing rather than creating fears and ſuſpicions, in women of peculiar ſenſibility. For theſe children were really ſo disfigured, that a lively imagination,

an after-thought, by which the ſuppoſed occaſion of it has been diſcovered; and has not been taken notice of before-hand.—It is, however, the fartheſt from my thoughts to upbraid the ſufferer on this painful occaſion, or to tax any with a wilful

imagination, or a mind ſtrongly impreſſed, might not only have conceived in them a great reſemblance to many objects, but it is more than probable, that the parents muſt have actually noticed not a few ſuch, during the period of geſtation.—Where any ſuch deformity therefore may actually have taken place, I only wiſh Ladies to be perſuaded, that ſuch ſights have not been the true cauſe of it, nor can ſuch objects, therefore, contribute to the production of the like appearances another time.—In this view, I cannot help obſerving, that only a few days ago, a lady of rank acquainted me, that ſhe had paſſed almoſt the whole term of geſtation in the apprehenſion of her infant being born with a *Hare-lip*, on account of her having been daily met by a labourer working in her own grounds, who had ſuch a blemiſh.

In

a wilful giving way to ſuſpicions, into which, I am perſuaded, their feelings alone inſidiouſly betray them. I wiſh only to obviate the influence of a ſentiment that I take to be without ſufficient foundation, and to which nothing but length of time, and preſcription, could have given a ſanction.

THAT there are blemiſhes which bear a reſemblance to various objects around us, daily experience has proved; though the true occaſion of them is not perhaps underſtood. The like devia-

In this inſtance, the imagination ſeemed to have done its utmoſt; as the Lady conceived ſhe met this man oftener than any other, and that ſhe could not avoid him walk whichſoever way ſhe might; and in conſequence had his image continually before her, either in reality or in recollection; and was kept under a continual alarm by it. It is needleſs, poſſibly, to add, that the child was born free from the apprehended blemiſh.

tions

tions from the ordinary courſe is obſerved, not only in other animals, but alſo in the vegetable kingdom, fruits being often joined together, and otherwiſe ſtrangely miſhaped, which muſt ariſe from the common laws of nature being ſome-wiſe diverted from their uſual courſe, by ſome accidental cauſe equally unknown to us. But however this may be occaſioned, there is nothing that we know of in a fright or longing, that can produce ſuch a change in organized matter, nor can operate in the manner that has been ſuppoſed, much leſs at ſuch different periods; but there is on the other hand, every thing againſt ſuch an hypotheſis; which has accordingly always given way in enlightened ages.

THE inſtance ſo often adduced from the ſacred hiſtorian is by no means in point: for without adverting to the very peculiar natural circumſtances in that

tranſaction, which are wanting in ordinary inſtances, it is ſufficient to obſerve, that there was therein an evident divine interpoſition. Should any one doubt of this, he has only to make a ſimilar experiment, the reſult of which will, probably, have more weight than ten thouſand arguments. As matter of fact therefore, as before obſerved, does not at all countenance, but directly contradict the hypotheſis, there is the ſtrongeſt reaſon for married women arguing themſelves out of ſuch fears, inſtead of reaſoning themſelves into them, and ſuffering a painful conflict for weeks, and months together.—It will give me great pleaſure if any thing I have advanced on the ſubject, ſhould anſwer ſo deſirable an end; whilſt reaſon, philoſophy, experience, and every thing on which we ought to depend, conſpire to ſupport ſuch an attempt.

AMONGST

AMONGST the various *Marks* reſembling ſome of the objects around us, that called the *Hare-lip* is the moſt common; a blemiſh too well known to require any deſcription. It is ſufficient to obſerve, that it is of two kinds; the ſimple, wherein the upper lip only is divided, either wholly or in part, with ſome loſs of ſubſtance; and the complex, in which the fiſſure of the lip is double; and ſometimes the palate of the mouth, and even the *uvula* is divided. It would be beſide my purpoſe, in this place, to treat of the manner in which this deformity and defection is to be remedied; I ſhall confine myſelf to ſpeaking only of the time in which it ought to be attempted.

VARIOUS conſiderations contribute to make the diſtreſſed parents ſolicitous to have this blemiſh removed ſoon after the infant is born, or at fartheſt before

the month ſhall be expired. On this account, I am convinced, the operation has ſometimes been prematurely performed, contrary to the better judgment of the operator, and not a few children have thereby fallen a ſacrifice; whilſt others have received much leſs benefit than they would have done, had the operation been poſtponed for a reaſonable time. Where the blemiſh is very triffling, indeed, and the operation ſimple, it may be done with reaſonable ſafety in the courſe of the month, or a little after; and if the child be able to ſuck, which is not always the caſe, there are even ſome advantages in performing it ſooner. For as the child will not be able to take the breaſt for two days at leaſt after the operation, it will with difficulty be kept tolerably quiet by the ſpoon after it has been once put to the breaſt; but as infants need but very lit-

tle

tle nouriſhment for the firſt days after birth, and generally ſleep a good deal, if the operation be done twenty-four hours after the child is born, it will be in a condition to ſuck by the time it requires much nouriſhment, and the mother's breaſt is prepared to furniſh it. But in the complex hare-lip the caſe is exceedingly different, and the longer the operation is poſtponed, the better it is likely to ſucceed, and ſhould at leaſt be deferred till the child ſhall be four or five months old; the good effects of which I have lately ſeen in a child born at the *Lying-in* hoſpital. By this time alſo, the infant will have got over the period in which it is moſt liable to ſome painful and dangerous complaints; will be thoroughly weaned from its hankering after the breaſt, and have learned to feed contentedly with the ſpoon; by which children with this

kind of hare-lip are obliged to be ſupported, they being always unable to ſuck. At this period likewiſe, the parts will have acquired a degree of firmneſs neceſſary to retain the needles, as well as ſize that will admit of handling them to greater advantage; for the want of which, though the operation may appear to have been favourably performed, the needles will ſometimes break out, and the deformity be but little removed, or perhaps ſometimes be increaſed.

I HAVE once ſeen another blemiſh of the mouth in a child born at the hoſpital, which required a ſimilar operation. In this infant, the mouth was much wider on one ſide than on the other, and appeared as if that ſide had been divided far into the cheek, which gave it a very awkward appearance; but as it was capable of being remedied in the ſame manner as the hare-lip, I

ſhall

ſhall only obſerve, that when I withdrew the pins on the third day, the parts adhered very firmly, and the child left the hoſpital at the uſual time.

A different kind of blemiſh conſiſts in ſome ſuperfluous part. Such may ſometimes adhere only by a ſmall baſe, like a thread, and may be removed by only paſſing a tight ligature round them. But ſhould any even adhere more firmly, and be only a ſmall joint, ſuch as a finger or a toe, it were better to have it cut off on the firſt days; as the veſſels will then bleed but little, and the griſtle by which ſuch joints are uſually connected, are not yet become bony. But ſhould the part be more completely formed, it may be neceſſary to delay the operation awhile longer, that by diſcovering which of the duplicates may take the lead, the more promiſing one may be preſerved; which is not

always to be known with certainty, at the birth.

BESIDE theſe, there are blemiſhes of far greater importance, ſome of which demand an operation as the only chance for preſerving the life of the infant. Such are imperforations of the *anus* and *urethra*, or the *vagina* in females.

The VAGINA is ſometimes imperforate on the *external*, at others, only in the more *internal* parts; and is in different degrees. The latter more commonly relates only to the hymen, which requiring an operation to be performed about the age of puberty, I ſhall do no more than barely mention here, eſpecially as it requires only a ſimple, or crucial inciſion. Where the imperforation is in the ſubſtance of the *vagina* itſelf, I have never found an operation to be of any uſe, though I have known it

it attempted, in the adult, with great addreſs and reſolution.

I have never met with the *external* parts totally imperforate, but have known the aperture ſo very ſmall as to require a little operation, which is mighty eaſily done with the point of a lancet; there being always a *raphè*, or line, directing the extent nature has ſeemed originally to intend, which being cut through, requires only to be kept apart for a few days, by a bit of fine lint.

THE imperforate ANUS is a melancholy caſe, as it ſeldom allows of an effectual remedy, the gut often terminating in a *cul de ſac* ſo high up as not to be reached; it is not, however, always to be deſpaired of, though no fluctuation of the inteſtinal contents ſhould be felt for two or three days after the infant is born.

I remember

I remember only one caſe of this kind in the *Lying-in* hoſpital, and in that I happened to ſucceed, contrary, indeed, to all expectation, and after the child had puked up a great quantity of meconium; and not only the belly, but alſo the face was exceedingly tumid, and the eyes had not been opened for ſome time.

The manner of doing this operation muſt, in different caſes, depend ſo much on the diſcretion of the operator, that I ſhall do no more than deſcribe that which I made uſe of in the inſtance alluded to.

THE operation was not determined upon till the third day. A longitudinal inciſion was made, of about half an inch, above and below the part where the *anus* ought to have been, which was marked by a little excreſcence; a ſmall biſtoury was then thruſt up in the

uſual

uſual direction of the bowel, for more than an inch. No meconium following this puncture, I examined carefully with my finger, and feeling ſomething like the fluctuation meconium would make, I introduced a trocar, and withdrawing my finger, I carried up the inſtrument in ſuch a direction as to avoid injuring the bladder, or forcing it againſt the *os coccygis*, for near an inch farther, making allowance, however, for the yielding of the parts, which might be ſomewhat forced up by the trocar. The inſtrument having now paſſed forwards, without that reſiſtance it had hitherto met with, gave me the ſenſation of having entered a cavity, when withdrawing the trocar, we had the ſatisfaction of finding the meconium run out at the canula. The child was now put into a warm-bath, up to the waiſt, and in a few minutes having voided a conſider-

able

able quantity of meconium, it opened its eyes, lookeed cheerfully about it, and fell into a pleaſant ſleep before it was taken out of the bath.

A piece of bougie was occaſionally introduced, and ſometimes left in the part, for a few hours, for the firſt fortnight; after which the child recovered faſt, and at the uſual time was taken from the hoſpital in pretty good health, though it had been much reduced by a bad thruſh, which unfortunately made its appearance ſoon after the operation; but it always voided its ſtools perfectly well.

THE imperforate PENIS is not quite ſo common a caſe; but is not unfrequently ſuſpected, when the end of the paſſage is merely ſtopped up by a little mucus; and ſhould therefore be examined in good time. In this caſe, waſhing the part with warm milk and water,

water, or at moſt, a little aſſiſtance with a ſmall probe, or any ſuch blunt pointed inſtrument, will be ſufficient to open the paſſage. But it is evident, if the *urethra* be wanting no operation at all can be performed: it is, however, more commonly found open a certain way, and often as far as the baſis of the *glans*, and ſometimes near to its extremity; in which laſt inſtance, it is neceſſary only to make a ſmall aperture with a lancet, or a fine trocar, and to keep the part open by the occaſional introduction of a bougie. The more common complaint of this part however, is that of the urinary paſſage terminating by a ſmall aperture at a little diſtance below the *glans*, and ſometimes on one ſide of it. In theſe caſes, the preciſe circumſtances muſt determine the propriety of any operation, which if not carefully managed, may render the caſe worſe than

than it was. I recollect two indeed, in which I was able to do conſiderable ſervice, one of which was in the preſence of the late Sir CÆSAR HAWKINS, and the other of the late Dr. HUNTER; in the latter, the urine was diſcharged from one ſide of the *penis*, and pretty low down, which was very happily remedied.

There are other mal-formations of this part, by which it is drawn downwards, or to one ſide; the peculiar circumſtances of which, muſt point out the nature of the operation moſt likely to afford relief. This will generally conſiſt in a ſimple inciſion of the ſkin, where it may happen to be too tight or ſhort, and keeping the divided edges at a diſtance from each other, till the little ſore ſhall be healed.

I HAVE likewiſe known the EARS to be imperforate, a caſe that allows of no remedy;

remedy; but the external appearance may ſometimes be aſſiſted, when the *helix*, or outer circle, is turned forwards over the *tragus*, covering that part which ought to lead to the internal ear; but in theſe caſes, I have always found the *concha*, and *meatus auditorius*, totally obliterated.

ANOTHER, and a very common blemiſh, is that called SQUINTING, which is ſometimes contracted by very young infants, and may then frequently be remedied, eſpecially if confined to one eye; but if a child be born with this deformity, it is not ſo likely to be removed. The means I have to recommend are, indeed, very ſimple, and conſiſt only in applying a piece of ſticking-plaiſter ſpread on ſome bright coloured ſilk, in ſuch a poſition, either on the temple, or the noſe, agreeably to the ſide on which the eye is diſtorted, as

may

may draw it the contrary way. In order to keep up this attraction, the colour of the ſilk ought to be varied from time to time, as well as its ſituation, placing it a little higher, or lower, both for the ſake of change, as well as to anſwer any other end, that a due obſervation on its effects may point out. Beſides this, the child ought always to be placed with that ſide towards the light from which the eye is diſtorted; and for the like reaſon, its parents, nurſe, play-things, and every other object that can attract its notice, ſhould as conſtantly as is poſſible be on the ſame ſide, that the child may have every inducement its age and circumſtances will allow, to draw the eye the right way, and by early habit, counteract a muſcular action that is not yet become permanent.

ANOTHER

ANOTHER method more proper for older children, is covering the eyes with ogles, which are glaſſes fixed in a little caſe, ſuch as many people wear when they ride on horſe-back. They muſt be ſo placed, that the child can ſee no object but by turning the eyes to the ſides from which they are diſtorted. It is ſcarcely neceſſary to add, that the glaſſes muſt be worn conſtantly, till the bad habit is overcome.

INFANTS are liable, indeed, to many other blemiſhes; but as I mean to treat only of ſuch as call for medical attention, and admit of ſome remedy, I ſhall mention only one or two more, which are very common, and with them cloſe what I have to ſay on their Complaints.

VARI *and* VALGI.

THESE are diſtortions of the feet, and differ only with reſpect to the ſide

to which the foot is turned; in the former, the ſoles of the feet being turned inwards, and in the latter, outwards: the curative intention is therefore alike in both. The complaint is ſometimes very triffling, and ſeems to have been owing only to ſome cramped poſition of the feet in the womb, and in that caſe, diſappears before the end of the month. In other inſtances, there is evidently a contraction, if not accurtation of the tendons, which calls for conſiderable attention. The remedy, however, is obvious enough, and conſiſts only in the proper application of a roller and paſteboard ſplints, ſo as gradually to bring the foot towards its natural poſition, and in proportion as it inclines thereto, increaſing the force and tightning the roller, every two or three days.

THERE is alſo another very common diſtortion, to which no particular name, I believe,

I believe, has been given, in which the feet are turned upward towards the inſtep: but the mode of treatment is alike in them all, and the cure will uſually be effected in a reaſonable time.—The like eaſy means, therefore, will generally be ſufficient to remedy a contraction of the joints of the fingers, and various awkward poſitions of the toes, with which ſome infants come into the world.

ALL theſe complaints may, nevertheleſs, be ſometimes more conſiderable, and in ſuch caſe, eſpecially if neglected for many months, or even years, as they ſometimes are, require the aſſiſtance of ſome ſteel inſtrument, or irons, (as they are called,) which are properly contrived for theſe and other diſtortions, as of the knees, &c. by *Meſſrs. Addiſon, Sheldrake*, and other truſs-makers; who ſeldom fail of bringing the parts into a more natural form, even in the worſt

caſes, whenever parents may think the complaint worthy of the time and attention that may be required.

THE END OF THE FIRST PART.

DISEASES *of* CHILDREN,

PART THE SECOND:

CONTAINING

Familiar Directions adapted to the

NURSERY

AND

The General Management of Infants from the Birth.

" *La Mere veut que ſon Enfans ſoit heureux,*
" *qu'il le ſoit de dés apréſent, en cela elle a*
" *raiſon; quand elle ſe trompe ſur les Moy-*
" *ens, il faut l'eclairer.*"

ROUSSEAU.

GENERAL DIRECTIONS

FOR THE

Proper MANAGEMENT of INFANTS from the Birth.

WHATEVER Splendor the actual Treatment of Diſeaſes may reflect on the Science of Medicine, it by no means comprehends the whole of its Province: for Prevention being in every caſe preferable to Remedies, the medical Art would be more imperfect than other Sciences, were it devoted only to the latter. In the Management of Infants more eſpecially, ſuch a variety of other articles occurs ſubject to medical direction, that this little work would be

be peculiarly incomplete if confined merely to the Cure of Diſorders. In a view, therefore, to ſuch miſcellaneous matters, and certain recurring affections too triffling to be ranked as Diſeaſes, this Second Part is annexed; and it is hoped, may contain every thing on which the moſt vigilant Parent can wiſh for information, without tiring her by enlarging upon triffles. In all matters of importance a becoming firmneſs has been adopted, but I have not equally inſiſted upon others, wherein the Manners of a refined age cannot comply, nor have urged any peculiar modes which the Generality may not adopt. Should any opinion be more obſtinately maintained, it is, probably, in relation to the Nouriſhment moſt adapted to newborn children; and this it may be proper to diſcuſs, previouſly to entering upon their general Management, by conſider-

ing the caſe of Infants intended to be reared without the Breaſt, or brought up, as it is called, *by hand.*

But it would carry me altogether beyond the limits I have aſſigned to this Second Part, were I to enter ſo far into the inveſtigation of the ſubject, as to ſet forth all the improprieties of that mode of training up infants from the birth. And I am glad to find by ſome very recent examples among perſons of rank, that there is ſomewhat leſs occaſion for it, than there appeared to be ſome years ago. It would be unpardonable, however, in a work of this ſort, not to inſiſt how inadequate every ſubſtitute for the breaſt has been univerſally found; and therefore how proper it is, that every child ſhould have it, and even be ſuckled by its own mother, where her health can ſafely admit of it.—Reaſon, inſtinct, experience, all conſpire to ſupport this opinion;

opinion; and whoever will determine to attend only to matter of fact, may ſoon be convinced of it. Nature herſelf points it out: all the nobler part of the irrational creation is qualified for it, and by inſtinct it obeys — the human race alone, poſſeſſed of nobler powers, and rational diſcernment, perverts thoſe faculties to evade its dictates, and to invent excuſes for refuſing its claims. But puerile, indeed, are all the common arguments againſt it, in the greater number of inſtances; and herein Dr. ARMSTRONG ſeems to have egregiouſly erred, for though, apparently, an advocate for ſuckling, he has laboured for arguments to apologize for the ſpoon and the boat, in too many inſtances.— It were eaſy, perhaps, to produce as ſound arguments againſt eating more than once a day, becauſe ſo many people become diſeaſed from exceſs. But

not

not only is the breaſt-milk the only natural, * and moſt proper food for infants, but ſuckling alſo conduces to the eaſy recovery of the mother; though ſhe ſhould not be able wholly to ſupport her child by the breaſt, or to continue ſuckling ſo long as the infant may require it.

ALTHOUGH from much experience I venture to give this opinion, I do, by no means intend to aſſert that every

* In ſome very northern parts of the world, as thoſe of *Greenland*, and the neighbouring country of the *Eſquimaux*, the breaſt appears to be, in the ſtricteſt propriety of ſpeech, the *only* food that nature has provided for infants; inſomuch that, whenever a ſuckling-mother happens to die, her infant is buried with her. Experience (one would hope) having demonſtrated the inefficacy of the hard and coarſe diet which nature has there ſo ſparingly dealt out, it is eſteemed an act of compaſſion to put an end to an infant's ſufferings by plunging it into the ſea.

mother is able to ſuckle her child even for the month, or would do well to attempt it; but I am, nevertheleſs, equally ſatisfied, that many are very well able who do not, and ſeveral who have only through fear been diſcouraged from doing it, in two or three lyings-in, having afterwards been prevailed on to make the attempt, have gone on with it for ſeveral months, enjoyed better health when they ſuckled than at any other part of their lives, and their children have thriven perfectly well.

THUS, beſides the advantages derived to infants, there are evidently others reſulting to the mother herſelf, and ſome that deſerve a particular notice. For by this means, where due care is taken, painful inflammations and ſuppurations in the breaſt may often be prevented, as may be fairly concluded, not only from the rarity of ſuch complaints in the *Britiſh*

tiſh Lying-in Hoſpital, where almoſt every woman ſuckles her infant, but from the like authority of Dr. NELSON, who reports, that out of 4,400 women who ſuckled their children, only four had milk-ſores, and that "theſe had either "no nipples, or former ſore breaſts." Theſe advantages, if duly credited, one ſhould hope, might tend to induce ladies of rank to ſet the example, by performing this kindeſt and moſt pleaſant office, at leaſt during the month. But it would be unjuſt not to add, that whenever they may purpoſe to aſſume it for a much longer time, they ſhould determine to do it effectually, or they will but injure their children, as well as forfeit many of the advantages and comforts, which in a due execution of it, they would have a right to expect.—It is poſſible, I may not be thanked for urging ſome parts of the above advice; but

but I am certain, I am doing my duty in giving it.

HITHERTO however, notwithſtanding the many encouragements often brought to the ears, and urged upon parents, that tyrant, Faſhion, has prevailed over the good ſenſe and natural feelings of many, whoſe maternal affection can be, in no other inſtance, ſuſpected. Againſt ſome, moreover, another complaint may be brought, who not only refuſe to give nouriſhment to their tender and helpleſs offspring, but whilſt they, unneceſſarily, commit this charge to a ſtranger, give up every other charge with it; and ſeldom viſit the nurſery, or ſuperintend thoſe they have ſet over it. It is from hence, that ſo many errors in point of diet, air, clothe-ing, &c. &c. have inſenſibly crept into the houſes even of ſome, whoſe rank in the world would otherwiſe have ſecured

to

to their children every advantage that a due attention to nature, or to art could point out.

ANOTHER important, and affecting conſideration might be brought forward on this head, which I ſhall, indeed, only touch upon, as it calls rather for the pen of the moral philoſopher than of a phyſician, I mean, the ſacrifice that poor women make in going out to ſuckle other people's children, the ſad conſequences of which are often ſeverely felt by their own, through neglect or miſmanagement, and eſpecially for want of the breaſt. Indeed, no attention of the nurſe can duly compenſate this loſs; and only the moſt common ſubſtitutes for it can, in their forlorn circumſtances, be allowed them. This becomes a ſource of evil, that, I fear, is not uſually thought of, and proves eventually the ſacrifice of many infants every year; a matter

matter of much importance, indeed, to the public, as well as to the families immediately concerned. It is true, indeed, ladies of rank frequently do all in their power to counteract this too natural, and fatal conſequence, by a careful attention to the forſaken infant; not only inſiſting upon a breaſt being provided for it, but regarding it as a kind of foſter-child: ſo that, after generouſly preſerving it through infancy by their charity and attention, they frequently follow it with their protection and kindneſs through life. Such charity, indeed, adds a luſtre to elevated rank; though perhaps, much leſs than this, from ſome people, would be ſhort of their duty. But it is not every family that is in a ſituation to adopt this conduct; though I am ſorry to add, that too many who are not, nevertheleſs, greedily adopt the faſhions, and mimick the

the manners of the great, by more criminally and needleſsly refuſing to ſuckle, and abandoning that tender charge with which nature herſelf has intruſted them.

It gives me real concern to find occaſion for ſuch unpleaſant reflections upon any part of the ſex I ſo much honour, and upon any of my fair, and ſenſible countrywomen, in particular. Nevertheleſs, I cannot help ſuſpecting, that wherever ſuch neglect does exiſt, whether in regard to ſuckling, or ſuperintending the management of their children, * and does not ariſe from want of health,

* This ſeems to be the caſe at preſent in both regards, amongſt the lower claſs of people in *France:* and that nation is therefore much indebted to the goodneſs of the Monarch, who is now actually making ſolicitous inquiries through *Europe* to diſcover the beſt ſubſtitute for the Breaſt. Should the method hereafter recommended

health, or from ſome equally warrantable objection, it can be charged only on the depravity of the age, which inſenſibly perverts the taſte, and corrupts the judgment of many who wiſh to do well. And depravity of manners, when once become general, has ever been conſidered as the leading ſymptom of a falling empire, and ought to be pointed out as far as it extends, by every friend to the community, at whatever hazard of giving offence, in every conſpicuous inſtance of it. TACITUS, the Roman hiſtorian, complains of the degeneracy of *Rome* in his days, (though by no means its moſt degenerate æra,) lamenting that in former times, grave matrons

mended be, amongſt others, adopted, its claim will ſoon be determined; and I venture to hope, to the advantage of the riſing generation in that kingdom, and elſewhere.

attended to their children, as their firſt family concern, but now, ſays he, they are intruſted to the care of ſome *Grecian* girl, or other inferior domeſtic.—It is no ſmall ſatisfaction to me, however, to declare, that in this country there is no ground for a general complaint on this head; there are examples of the firſt magnitude of a nobler conduct, and one, at the head of all, which were it copied, without exception, in domeſtic life, would prove the glory of the preſent day, and a bleſſing to the riſing generation.—May the time haſten when it ſhall be univerſally followed by her inferiors, whilſt I attempt to point out as far as my obſervation has extended, the moſt prudent means of executing this important branch of female duty.

It may not be amiſs, at the opening of the enſueing obſervations to remark, that the demand for the multifarious di-

rections here offered, as well, as all thoſe given by other writers on the management of children, ariſes from the falſe reaſoning of thoſe to whoſe care the infant ſtate is frequently intruſted; who inſtead of being guided by the ſober dictates of nature, have adopted the rules of art, falſely ſo called, or have followed the wild fancies of anile ſuperſtition.

On the other hand, the various tribes of the irrational ſpecies act in a thouſand inſtances more prudently than we do, and being uniformly guided by inſtinct, are led implicitly, and ſafely through all their operations. Many quadrupeds, fiſh, and even reptiles ſeem to know what is proper for them as ſoon as they come into exiſtence, and have ſtrength ſufficient to reach after it. In other inſtances, they are guided by the parent, who ſeems to adjoin ſome degree

of knowledge acquired by experience, to the inſtinct with which it is naturally endowed. Man on the contrary, deſigned to be the pupil of obſervation, has ſcarce any innate diſcernment; and conſequently his infant race paſs through a long period utterly helpleſs, alike diveſted of ideas to guide, and of ſtrength to manage for themſelves. But to the Parent is imparted both; whoſe province it is to judge for them, and actually to put into their hands or mouths, whatſoever they may ſtand in need of. When the parent, therefore, forſakes the paths of ſimplicity, and lays down arbitrary rules, the reſult of falſe ſcience, inſtead of patient experience, or miſtakes the clamor of faſhion for the voice of nature, confuſion and diſeaſe muſt be the unavoidable conſequence.—Awakened by theſe, man is loudly called upon to return to the ſimplicity of nature, and

the reſult of diſpaſſionate obſervation. It is this will be our aim in the work before us, wherever danger and deviation are connected; aſſured, that the experience of the moſt judicious and ſucceſsful among parents and practitioners, will applaud the deſign, and confirm the generality of our obſervations.

To this end, let us imagine an infant juſt born, * who, doubtleſs, at this moment,

* No convenient place offering in the former parts of this work, for a few hints relative to infants apparently *ſtill-born*, I wiſh here to ſuggeſt the reſult of an experience that has been attended with more ſucceſs than might have been expected.

I HAVE, indeed, both at the hoſpital and elſewhere, met with many inſtances of children born with very little, and others without even the ſmalleſt appearance of life, ſome of whom have remained entirely deſtitute of any ſign of it, for more than a quarter of an hour, and yet have

ment, calls for our beſt attention. And firſt, it may be obſerved, that it ought not to be expoſed to any thing that may violently, or too ſuddenly affect the ſenſes.

been happily reſtored. I pretend to little or no ſkill in this buſineſs not generally practized, and can ſcarcely gueſs to what to attribute this ſucceſs, unleſs it may be an unwearied aſſiduity and perſeverance in my attempts, wherever there are no certain ſigns of death, till I conceive nothing is poſſibly to be expected from them. And this has ſo often ſucceeded, that I have been tempted to think its importance may, poſſibly, not have been ſufficiently attended to by every practitioner. I reſt this preſumption, not only upon ſome fortunate events where I have had little or no previous ground for hope, but where others had, in ſome inſtances, abandoned it. A certain ſteady perſeverance in our attempts to preſerve life, is, indeed, not only a duty practitioners owe to the Public, ſo long as the leaſt hope may remain, but one ſucceſsful attempt is an abundant recompence for many failures; eſpecially, as I imagine we ſhall

ſenſes. On which account, MOSCHION and ALBINUS have well adviſed, that it ſhould not be expoſed either to great heat or cold, nor to a ſtrong light, nor odours

ſhall rarely fail wherever there may be the leaſt poſitive ground for hope of a favourable iſſue.

As to the MEANS they conſiſt only of warmth, clyſters, ſtimulants, and eſpecially blowing forcibly into the *trachæa*, or wind-pipe.

THE ordinary ſtimulants are the ſmoke of lighted brown paper, or tobacco; juice of onions; *Scotch* ſnuff; frictions with hot cloths, and brandy; ſtriking the *nates*, and the ſoles of the feet; ſtimulating the noſe, and upper parts of the throat with a feather; with every other ſimilar mean calculated to excite a ſtrong effort, eſpecially that of crying; to which our attempts muſt principally, and ultimately tend. On this account, I believe, no great benefit is to be expected from ſtroking the blood along the chord, or immerſing the after-birth in warm water; the fetal life being extinct, the recovery of the child will depend

odours of any kind, however grateful to adults; the unpleaſant effects of which

on the blood paſſing freely through the lungs, which it cannot do till the child is brought to breathe freely and forcibly; the continuance of which alſo is never ſecure, till it begins to *cry*. To theſe ends, I have depended above all upon blowing into the mouth, which I am ſatisfied, may be more effectually done by the mouth of the the aſſiſtant being placed immediately upon the child's, than by means of a blow-pipe; at the ſame time, preventing a premature return of the air, by the fingers of one hand placed at the corners of the mouth, and thoſe of the other on each ſide the noſe. But I have ſometimes imagined, that I might attribute much of my ſucceſs not only to the *continuance* of this, but to the *manner* of doing it, by attempting to imitate natural reſpiration, by forcing out the air I had thrown in, by a ſtrong preſſure againſt the diaphragm and breaſt: thus blowing in, and alternately preſſing out the air, for a long time together, omitting it only now and then, to make uſe of ſome of the above-mentioned means: which latter, however,

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which are ſufficiently manifeſted by the infant itſelf.

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can do very little till the child begins not only to gaſp, and that with ſhorter intervals, but alſo to breathe in a pretty uniform manner. At this time, ſhould the child not be diſpoſed to *cry*, which is frequently the caſe, the *nates* and ſoles of the feet ſhould be ſtricken forcibly and repeatedly; and this failing, as well as the application of ordinary ſtimulants to the noſe, and irritating the wind-pipe, I think nothing is ſo likely to ſucceed as a tobacco, or other ſtimulating clyſter, and putting a little *Scotch* ſnuff up the noſe, which latter if it induce ſneezing, will ſoon be followed by a ſtrong cry, and the child be with certainty reſtored.

Amongſt other means, that of warmth was recommended; to which end, the infant ſhould be entirely covered with hot cloths, which ſhould be renewed as faſt as they become cool; or the body may be immerſed in a tepid bath, and be well rubbed all over: the chord may likewiſe be ſuffered to bleed a little, eſpecially if the face or body

do

THE attention will next be called to waſhing and dreſſing it, together with other

do not ſoon acquire the natural colour—but this ought ſeldom to be done, nor the chord be divided as long as any pulſation is to be felt in it.

To theſe means may be added the cautious uſe of electricity, which appears, *a priori*, as likely to be ſucceſsful in theſe, as in any other caſes to which it has been applied: but I have never been in a ſituation to make trial of it, or I certainly ſhould, as I once knew a child happily recovered by it, after being laid out for dead, for near two hours, in conſequence of a fall from a two-pair of ſtairs window.

But ſhould theſe ſeveral means fail, as a laſt reſource, a very different kind of ſtimulant may be tried, and inſtead of laying the infant aſide in a warm flannel, it ſhould be expoſed to ſudden and ſevere cold, which I remember once to have ſucceeded after the life of the child had been deſpaired of.

IT will be preſumed, I dare ſay, that ſuch a ſcrupulous attention is not deſigned to be inculcated in every inſtance of apparently ſtill-born infants,

other little offices ſuited to the occaſion. And this firſt waſhing is of more import-

infants, but principally where the death of the child may not only not be certainly aſcertained, but there has previouſly been reaſon to expect it would be brought alive into the world.—The great importance, however, of the ſubject, it is hoped, will be a ſufficient apology for the length of this note; and as the attempt to reſtore infants to life has always been a moſt pleaſing employment to myſelf, the deſire of being an occaſion of inducing others to a *perſeverance* in the uſe of the like means, emboldens me to riſk the cenſure of any who may deem it prolix or ſuperfluous.—I ſhall juſt add, that, amongſt other ſymptoms of ſome irrecoverable injury a child may have ſuſtained in the birth, is that of a diſcoloured and often fetid, or bloody water forcing out of the noſe, after the lungs have been two or three times artificially inflated. Under theſe circumſtances, I have very rarely ſeen an infant at all revived; but I have twice lately ſo far ſucceeded as to animate a child ſufficiently both to breathe and to cry; but they afterwards lay in a moaning ſtate for four or ſix hours, and then expired.

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ance than is uſually imagined, being amongſt the *little* things which are often overlooked by writers and others, (and by ſome thought of no conſequence); * but it is not every little thing that may ſafely be neglected, or ill-done. In regard to poor people, eſpecially, and infants born in hoſpitals, and other crouded apartments, the importance of proper waſhing is greatly increaſed, the foulneſs left upon the ſkin being a remote cauſe of ſome dangerous endemic complaints; † as a preventive whereof, the waſhing ought to be repeated for ſeveral days, with light frictions of the ſkin. Some infants alſo are covered much more than others with a thick, viſcid matter, which cleaves ſo faſt to

* *Dr. Hamilton.*

† See *Monſ. Baumes*, on the *Jaundice* and *Meſenteric-fever.*

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the ſkin, that it is not eaſily waſhed off, which there is, however, another reaſon for doing, as it would obſtruct perſpiration, which can never be duly performed, where the ſkin is left anywiſe foul. On this account, the nurſe ſhould be very attentive to this firſt concern of her infant charge, and whatever waſh ſhe may make uſe of, it ſhould always have ſoap in it, and the child be well rubbed, eſpecially under the arms, in the hams, and groins, where this mucus is apt to adhere: and to this end, it would be better ſhe made uſe of no kind of greaſe, which tends to ſtop up the pores, and ſo prevent perſpiration; or that ſhe be, at leaſt, very careful the greaſe be afterwards well wiped off. In the ſame view, it were well if the waſhing were repeated for two or three days, which it is not improbable might tend to prevent the red-gum and other ſimilar affections of

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the ſkin, with ſuch other complaints as may ariſe from the ſuppreſſion of inſenſible perſpiration.

AFTER a while, and ſometimes the next day, moſt nurſes waſh the child with cold water; a practice highly extolled by Dr. ARMSTRONG, as well as many other practitioners. But though no one can be a greater advocate for every thing that is bracing than I am, I cannot approve of this ſubſtitute for cold-bathing, as it is called; at leaſt, as an indiſcriminate practice. The cold-bath acts on a quite different principle, and I could wiſh almoſt every child, eſpecially thoſe born in *London*, were bathed at three or four months old, (if the ſeaſon of the year and other circumſtances ſhould admit of it) * which I am certain

* To this end, particularly, a child ſhould not be coſtive, feveriſh, nor have any internal obſtructions.—*Monſr. Le Febure de Villebrune* in his tranſlation

certain would prevent, as well as remove

lation of this work into *French*, has added a chapter upon *baths*; in which he ſtrongly controverts the idea of the probable good effects of cold-bathing, and even makes uſe of a long chain of arguments againſt it, deduced, indeed, from an ingenious theory, and ſupported by quotations from the ancients; who practized, however, in a very different climate.—The ſhorteſt, and, perhaps, the beſt reply to this ſpecious reaſoning, might be given in the mode of DIOGENES to ZENO, whoſe arguments againſt the poſſibility of Motion, DIOGENES laconically refuted, by haſtily getting up, and walking acroſs the ſchool. We have, in like manner, only to point to the numbers of children and young men, who from very weakly infants, have been rendered ſtrong and healthy, merely from a prudent uſe of the *cold-bath*; and may defy any man to produce the like inſtances of its oppoſite effects when made uſe of with the cautions which every powerful remedy requires. The *Spartan* women, likewiſe, afford us ſufficient evidence of the ſalutary effects of cold-bathing, notwithſtanding the comments made upon the women themſelves, by *Ariſtotle*.

many

many of their complaints. * But to ſee a little infant of a few days old, the offspring perhaps of a delicate mother who

* From the ſurpriſing good effects that ſometimes follow the uſe of Cold-baths, I do not wonder that Prieſts, in times of ignorance, have been known to account them holy, and dedicate them to ſome Saint; to whoſe influence certain Cures were attributed.

The ſalutary operations of the cold-bath are, however, eaſily accounted for, from its promoting inſenſible perſpiration, and rendering that ſecretion leſs readily affected by the impreſſion of the external air.

It may be known to agree with children, when they come out of it warm, lively, and their ſtrength increaſes on the uſe of it. On the other hand, if they come out cold, diſpirited, and ſeem rather to loſe ſtrength, it may be as often prejudicial.

But I muſt obſerve, that theſe unpleaſant effects are frequently owing to an improper uſe of bathing, and for want of making a very obvious diſcrimination

who has not even ſtrength to ſuckle it, waſhed up to the loins and breaſt in cold water, expoſed for ſeveral minutes, perhaps

diſcrimination in the habits of body of different children.—For the tender and delicate, not only ſhould a good quantity of ſalt be put into the bath, but the water ſhould alſo at firſt be a little warmed, and children be brought only by degrees to endure it quite cold, which they will not by this means be the leſs likely to do: or ſhould the water never be perfectly ſo, the advantages of cold-bathing will, nevertheleſs, be conſiderable; * though the late Dr. HUNTER and others have thought differently. It is not, I apprehend, merely from its coldneſs that the benefit of bathing ariſes, but is rather from the ſubject being ſuddenly immerſed into a very different medium, (if ſo be, that medium be not actually warm) in which the contact of the external air is taken off during the immerſion, and is as ſuddenly reſtored on his be-

* *Hippocrates* ſpeaking of bathing, cautions againſt the two extremes of heat and cold.

De Liquid. Uſu.

perhaps in the midſt of winter, (when children are more inclined to diſeaſe than thoſe born in ſummer), itſelf in one continued ſcream, and the fond mother covering her ears under the bedclothes that ſhe may not be diſtreſſed by its cries; has ever ſtruck me as a piece of unneceſſary ſeverity, and ſavors as little

ing taken out. By this means, the blood is alternately puſhed forward into the extreme veſſels, and ſuddenly repelled to the heart, (in proportion to the coldneſs of the water) and ſuffers an advantageous attrition againſt the ſides of the veſſels. The ſmall paſſages are rendered pervious, and the contractile power of the heart is increaſed, as well as the muſcular fibres proportionally ſtrengthened. The ſalt added to the water pretty certainly prevents taking cold, whilſt it adds to the ſtimulus on the ſkin, and has a more ſalutary operation on the pores.

For the ſake of ſome readers it is neceſſary to obſerve, that a child is to be put only once under the

little of kindneſs, as plunging an infant a ſecond or third time, into a tub of water, with its mouth open, and gaſping for breath, in the old faſhioned mode of cold-bathing: both of which often induce cramps and pains in the bowels, and weakneſs of the lower extremities, but rarely an increaſe of ſtrength. It ſurely cannot be amiſs, in winter time at leaſt, to take the cold off the water for the few firſt days, which it has been ob-

the water at each time of bathing, and to be taken out as ſoon as it is poſſible. It ſhould be received in a blanket, and be wiped dry with a cloth in the moſt expeditious manner; and as ſoon as it can be dreſſed, ſhould partake of ſuch exerciſe as may be beſt ſuited to its age: but by no means be put into bed. There will need no great attention to its being wiped perfectly dry, as a child will be leſs liable to take cold from a few drops of ſalt-water being left upon it, than by being long uncovered in ſome parts of its body, in an over-caution to wiping it dry.

ſerved, will be uſeful in other reſpects; and whenever cold water is made uſe of, it will be quite ſufficient to waſh the child as far as a regard to cleanlineſs may require, which will always be the parts expoſed to the worſt kinds of galling and excoriation: on which account cold water is certainly uſeful. With this view, beſide the groins, and contiguous parts, the arm-pits, folds of the neck, and parts behind the ears, being alſo diſpoſed to ſlight chaffings, may be occaſionally waſhed in like manner, and if the diſcharge be not checked by it, they ſhould be duſted with a little hair-powder, or powder of ceruſe, or a little white vitriol may be added to the water; which if the excoriations are not very conſiderable, will generally heal them very ſoon: ſhould theſe fail, they may be dreſſed with the red drying ointment.

ment.* In a very acid ſtate of the ſtomach however, during the month, particularly where there is a purging with very green ſtools, the parts covered by the cloths are often infeſted with a troubleſome excoriation, (called *intertrigo*) and whilſt that ſtate continues, will not be healed by any drying applications. I have found nothing ſo pleaſant, and uſeful in this caſe, as covering the parts with the thin ſkin found upon the veal kidney, which ſoftens, and cools them, till the cauſe of the complaint may be removed by the uſe of proper abſorbents. There is a mixed affection of this kind, however, in which theſe parts are not actually excoriated, but are very hard and ſwollen, as well as painful and inflamed; and the affection ſeems to be

* This is an excellent remedy in a thouſand inſtances, and has very undeſervedly fallen into diſeſteem.

kept up by the acrid nature of the excretions, though not originally cauſed by it. In this caſe, inſtead of waſhing the parts with wetted fuller's earth, gruel, or greaſy mixtures, an embrocation of elder-flower-water, with as much boiling milk as will render it moderately warm, has been immediately efficacious. But one grand mean of keeping children from chafing is to preſerve them very dry and clean;* articles of ſo much importance,

* To this end, poor people need to be admoniſhed, that all the cloths ſhould be properly *boiled* every time they are *waſhed*; a circumſtance ſuch people are apt to neglect.—Another error worthy of remark in this place, is, that of wearing a pilch (as it is called); an old faſhion ſtill too much in uſe, and contributes not a little to make children weak: it being originally deſigned to be worn only for the few firſt weeks after birth, but is often continued for as many months. It can anſwer no poſſible end but that of ſaving a little

importance, that I ſhould have inſiſted much longer upon them, if I had not already far exceeded the bounds I had intended.—Suffice it therefore to ſay, that it is next to impoſſible a child ſhould thrive or be healthy, if theſe laſt articles are not ſtrictly attended to, which together with thoſe of proper food and exerciſe, are, perhaps, the principal ones in which the children of poor people are at a great diſadvantage, and which become the conſtant ſource of rickets and diſtortions among them. Let not theſe ill effects fall on the children of

little trouble, ſince inſtead of keeping children dry and clean, it does directly the contrary; for if it has received any wet through the uſual cloth laid under it, it ought itſelf to be changed as often as the other, or muſt certainly be damp and uncleanly; whilſt by heating the loins, and lower limbs, it has a manifeſt tendency to relax, and diſpoſe infants to become rickety.

thoſe whom miſconduct alone can expoſe to them.

I SHALL juſt mention here another uſeleſs operation practiced by nurſes, that of forcing out the milk from the little breaſts of new-born infants. Some children a day or two after they are born, will have the breaſts exceedingly tumid, hard, and painful, containing ſomething like milk; and nurſes imagine it to be a great kindneſs to milk it out, as it is called. But I have often been grieved, to ſee a nurſe rudely rubbing, and even ſqueezing the breaſts, already in a ſtate of inflammation, and continuing it even for ſome minutes, though the child's cries might convince her ſhe is putting it to pain. In the caſe of inflammation, a bit of bread and milk poultice is the propereſt application, but if the part be not inflamed, it can want nothing at all; though if it be thought

thought ſomething ought to be done, a little oil with a drop or two of brandy may be gently rubbed in, or ſmall pieces of the lytharge-plaiſter may be applied, and lie on the parts till they fall off of themſelves.

HAVING conſidered theſe neceſſary preparations, I proceed to offer a few remarks on the prevailing errors in their *dreſs*.

UPON the firſt ſight of a new-born infant, every one is ſtruck with the idea of its weakneſs and helpleſſneſs; and we often take very improper methods of ſtrengthening it. It is *deſigned* to be weak and tender in this infant-ſtate, as is every other object around us. *—

Take

* Nous naiſſons foibles, nous avons beſoin de forces; nous naiſſons dépourvous de tout, nous avons beſoin d'aſſiſtance, nous naiſſons ſtupides, nous avons beſoin de jugement; tout ce que nous n'avons

Take a ſurvey of nature, from the firſt opening leaves of the vernal flower, or the tender foliage of the ſenſitive plant, to the young lion, or the elephant; they are all in their ſeveral orders, proportionally weak, and cannot exiſt without ſome exterior ſupport. But they ſtand in need of nothing but what nature has prepared for them. If ſeed be caſt into a proper ſoil, it wants only the ſurrounding elements to enſure vigor and maturity. So if the tender infant be born of healthy parents, and at its full time, it is uſually ſufficiently ſtrong; proper food and nurſing are the elements whoſe foſtering influence it requires:—if it have theſe, it will need nothing more.

n'avons pas á notre naiſſance, et dont nous avons beſoin etant grands, nous eſt donnè par l'education.

ROUSSEAU.

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It is true, it is very weak, but is it therefore to be tight rolled, under the idea of ſupporting it, and giving it ſtrength? It is a bundle of tender veſſels, through which a fluid is to paſs, undiſturbed, to be equally diſtributed through the body, and which are therefore ſurrounded by a ſoft medium, capable of yielding to the impetus of their contents. Hence we cannot but conceive, how injurious any great preſſure muſt be to ſo delicate a frame, which before birth ſwam in a ſoft fluid. But beſides this, the infant requires freedom and liberty on other accounts. The ſtate of infancy and childhood (as Dr. GREGORY obſerves) is impatient of reſtraint in this reſpect, through "the reſtleſs activity incident to youth, which "makes it delight to be in perpetual "motion, and to ſee every thing in "motion around it."

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Let us again advert to the irrational ſpecies, whoſe more ſagacious conduct ſo often diſgraces our own. There is no occaſion on which they do not ſeem to conſult propriety; and having a right end in view, they as certainly accompliſh it, and always in proper time—Doth a little bird deſign to prepare a lodging for her young; it is ſure to make choice of the fitteſt ſituation, whether to defend them from dangers, or obtain the moſt convenient ſupply of their wants; if to this end it be neceſſary to conſtruct the neſt of rough and ſtrong clay, it is ſtill lined with down: the young lie warm and ſecure, but they lie at their Eaſe.

I AM not ignorant, indeed, that for many years paſt, the very ancient tight mode of dreſſing infants has been diſcontinued, for which we are probably greatly indebted to Dr. CADOGAN. It

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is certain alſo, that for the laſt twenty years, the faſhion recommended by him has been improving; but there is yet room to go forward, and were every tender parent in this country thoroughly ſenſible of its advantages, it would ſoon become faſhionable to ſee children as much at their eaſe on a chriſtening-day, as they are when laid at night in their beds. And I may be permitted to add here, what every modern practitioner has adverted to, that were ſtrings, almoſt in every inſtance, ſubſtituted for pins, phyſicians would ſeldom be at a loſs to account for the ſudden cries, and complaints of infants, which are too often produced by this needleſs part of their dreſs. *

NATURE

* A gentlewoman lately informed me, that one of her children, after long and inceſſant crying, fell into ſtrong convulſions, which her phyſician

NATURE knows no other uſe of clothing but to defend from the cold,—all that is neceſſary therefore for this purpoſe, is to wrap the child up in a ſoft looſe covering, and not too great a weight of it; to which ornaments enough might be added without doing miſchief. And had this matter been always wholly left to the judgement of parents, this is, probably, all that would have been done, but the buſineſs of dreſſing an infant is become a ſecret, which none but adepts muſt pretend to underſtand. The child itſelf, however, diſcovers to us the propriety of ſuch clothing, by the happineſs and delight it expreſſes every

ſician was at a loſs to account for, nor was the cauſe diſcovered till after death; when on the cap being taken off (which had not been changed on account of its illneſs) a ſmall pin was diſcovered, ſticking up to the head, in the large *fontanelle*, or mould.

time

time it is undreſſed, and rubbed with a ſoft hand. Whereas, *the art of dreſſing* has laid the foundation of many a bad ſhape, and what is worſe, of very bad health, through the greateſt part of life. —It is ſcarce neceſſary in this day, to add any thing in this place in commendation of cleanlineſs, unleſs it be to counteract a vulgar notion, familiar only to common people, that a frequent change of linen has a tendency to weaken new-born children; an abſurd idea that has not the ſmalleſt foundation in reaſon or fact.

THE tender infant being dreſſed, and having undergone ſuch other little diſcipline as has been mentioned, is uſually ſo far fatigued by it, as ſoon afterwards to fall into a ſound ſleep. We ſhall therefore leave it a while to be refreſhed, whilſt I endeavour to conduct the fond mother through the various other duties

it

it calls for from day to day, till it happily arrives at an age free from the peculiar dangers of infancy.

IN the purſuit of ſuch a plan, we meet with a variety of miſcellaneous articles, and though many of them are not of apparent magnitude in themſelves, are in their conſequences highly worthy of notice; which that they may be thrown into ſome kind of order, may all be very well claſſed under the ſeveral heads of the *Non-naturals*, as they are called. Such are, Air; Meat and Drink; Sleep and Watching; Motion and Reſt; Retention and Secretion; and the Paſſions of the Mind; a due attention to which, may prevent many of the evils incident to this tender age.—The firſt of theſe was ſaid to be AIR.

THE great importance of this has been ſet forth when ſpeaking of the Diſeaſes

caſes of infants; I ſhall here in a more particular way obſerve, that the age, conſtitution, and circumſtances of the child, and the ſeaſon of the year, ought always to be taken into conſideration, *that* being highly proper on one occaſion, which would be very detrimental at another. In general it may be ſaid, that warmth is friendly to very young infants, but they ſhould, nevertheleſs, be inured gradually to endure the cold air, which is abſolutely eſſential to their health. I cannot therefore agree with Dr. ARMSTRONG, who thinks the rich loſe fewer children than the poor, becauſe they are kept warmer. On the other hand, it was well ſaid by one, that "a warm nurſery fills a cold church-"yard." Much caution, indeed, is neceſſary on this head in this unſettled climate, and evinces the neceſſity of parents ſuperintending thoſe to whoſe care

they intruſt infant-children, ſince nurſes are often indiſcreet in keeping them too long in the air at a time, which is a frequent occaſion of their taking cold, and deters many parents from ſending them abroad ſo often as they ſhould. Another, and a worſe, as well as common fault, of nurſes and ſervants, is, that of ſtanding ſtill with children in their arms in a current of air, or even ſitting down with other ſervants, and ſuffering children who can run about, to play at a little diſtance by themſelves, ſit down on the graſs, and ſuch like; the conſequences of which are often a long confinement to a warm room, and either a prohibition againſt going out ſo much as they ought, or a freſh cold owing to ſome of the like irregularities. And I may here obſerve, the lighteſt ſymptom of cold (which is alſo often taken in the lying-in room during the month,) is

that

that called the *ſnuffles*, or ſtoppage of the noſe, and in general requires nothing more than a little pomatum, or *pomade divine*, to be put to the noſtrils when the child is laid in the cradle; or if this fail, a little white vitriol may be diſſolved in roſe-water, and the bridge of the noſe often wetted with it.

It will be adviſeable, in order to inure infants to the air, that they be ſhort-coated as early as the ſeaſon of the year will permit; their dreſs ſhould be ſtill looſe and eaſy, and they may continue without ſtockings even for two or three years, and boys till they are breeched. As to this change, I think, it had always better be made in the beginning of winter, than in ſummer, as the dreſs upon the whole is warmer, eſpecially about the cheſt, which from having been open for three or four years, it ſeems

rather ſtrange to cover, all at once, at the beginning of hot weather.

But though I have ſaid children would be as well without ſtockings, for a conſiderable time, I muſt remark, that circumſtances are always to be taken into conſideration. *Mutatis mutandis* * ſhould not only be the motto of phyſicians, but of common life, and we ſhould be guided by it in regard to all general rules. For want of this caution in the preſent inſtance, tender children ſuffer exceedingly in ſevere winters, and are diſtreſſed with chilblains merely for want of proper covering to their tender limbs. I have ſeen a child of four years old, the daughter of people of faſhion, (who I know will pardon my mentioning it) whoſe legs were covered with chilblains quite up to the knee,

* *Conduct ſhould be directed by Circumſtances.*

and

and yet the lady could not be prevailed upon in time, to ſuffer ſtockings to be put on, becauſe ſtrong and healthy children are thought to be better without them.

THE ſecond Article under the head of *Non-naturals* refers to MEAT and DRINK, and is worthy of ample diſcuſſion, having as yet been conſidered only in relation to the expediency of *breaſt-milk*, where that may anywiſe be procured.

IN the firſt place it may be remarked, that although an infant be ſuckled by its own mother, it can certainly have no real need of any other food, till the time nature will bring milk into her breaſt, ſuppoſing the child be laid to it in proper time; which, doubtleſs, ought to be as ſoon as ſhe may, by ſleep or otherwiſe, be ſufficiently refreſhed to undergo the little fatigue that an at-

tempt to ſuckle may occaſion. This method, however unuſual with ſome, is the moſt agreeable to nature, and to obſervations on the irrational ſpecies, who in many things are the very beſt guides we can follow. * By means of putting the child early to the breaſt, eſpecially the firſt time of ſuckling, the nipple will be formed, and the milk be gradually brought on. Hence much pain, and its conſequences will be prevented, as well as the frequency of ſore nipples, which in a firſt lying-in, have been wont to occaſion no inconſiderable trouble. But ſhould this, or even an abſceſs take place, they are far leſs diſtreſſing under proper management than

* This ſubject is largely and elegantly treated by Dr. GREGORY, in his *Comparative View*, before quoted.

has been uſually imagined*. However, ſhould the mother be unable to ſuckle, and a wet-nurſe be engaged, there can be no harm in putting the child to the breaſt, after it has taken a doſe or two of the opening medicine; or ſhould it be brought up by hand, and not eaſily kept quiet, a ſpoonful or two of water-gruel, with a little *Liſbon* ſugar, may be given for this purpoſe, which will uſually ſet it aſleep; after which it will be ready for whatever food ſhall be found proper for it.

And on this article, a vaſt croud of abſurdities open upon us at once; and many of them with the ſanction of cuſtom and authority. I ſhall firſt advert

* See a Treatiſe upon ulcers before mentioned; in which the *milk-abſceſs*, and *ſore nipples* are fully conſidered, and a ſucceſsful, and eaſy method of treatment pointed out.

to the thickneſs of the food: And it has, indeed, been matter of wonder, how the cuſtom of ſtuffing new-born infants with bread could become ſo univerſal, or the idea firſt enter the mind of a parent, that ſuch heavy food could be fit for its nouriſhment. It were well if the fond mother, and all well inclined nurſes had more juſt ideas of the manner in which we are nouriſhed; and eſpecially, that it is not from the great quantity, nor from the quality of the food, ſimply conſidered. They may ſurely be led to conceive, that our nouriſhment ariſes from the uſe the ſtomach makes of the food the body receives, which is to paſs through ſuch a change, called digeſtion, as renders it balſamic, and fit to renew the maſs of blood, which is daily waſting and conſumed. An improper kind, or too great a quantity taken at a time, or too haſtily, before the

the ſtomach has duly diſpoſed of its former contents, prevents this work of digeſtion, and by making bad juices, weakens inſtead of ſtrengthens the habit; and in the end produces Worms, Convulſions, Rickets, King's-evil, ſlow Fevers, and *Maraſmus*, or general Conſumption.

NATURE, it ſhould be conſidered, has provided only milk, for every animal adapted to draw it from the breaſt, and that of women is certainly the thinneſt of them all; but at the ſame time, far more nutritive than bread. It is true, bread, as it requires more digeſtion, will lie longer on the ſtomach both of infants and adults, and hence, probably, becauſe it ſatisfies the preſent cravings, it has been conceived to afford a greater proportion of nouriſhment; though mixed up only with water, as it too frequently is, it is far leſs nutritive

than

than milk. Children ought to be frequently hungry, and as often ſupplied with light food, of which milk is really the moſt nutritive that we are acquainted with. This could never be doubted of, but from its paſſing ſo quickly out of the ſtomach; on which account, indeed, though not the propereſt food for adults, employed at hard labour, and many hours from home, it is the fitteſt of all for the more ſedentary life of a tender infant, who cannot get that nouriſhment from bread or other ſolid food, of which the ſtomachs of adults are capable. It muſt have been for want of attending to this conſideration, that Dr. ARMSTRONG has ſaid ſo much in favor of bread and other thick victuals; which, by the bye, he began to make uſe of for his own children (from its ſucceſs in whom he has ventured to recommend it,) only at the age of ſix or

ſeven

ſeven months; a matter very different from ſtuffing an infant with it almoſt as ſoon as it is born. For every thing the ſtomach cannot digeſt, it has been ſaid, may be juſtly conſidered as a poiſon, which if not puked up, or very ſoon voided by ſtool, may occaſion ſickneſs, gripes, what are called inward-fits, and all the train of bowel complaints, which may terminate in one or other of the evils juſt mentioned.

MILK itſelf is produced from food taken in by the mother, and is the richeſt part of it. It is in her ſtomach that the aliment is diſſolved, or digeſted, which by a combination of powers in the *chylopoëtic viſcera*, or parts preparing the chyle, is ſo far animalized as to be converted into a kind of white blood; from whence it has been obſerved, every animal body is daily recruited. Hence it is very apparent, that previous to an

infant

infant having acquired ſtrength enough to convert ſolid food into this wholſome chyle, or white blood, the parent, by this wiſe ſubſtitution in nature, has previouſly accompliſhed this work for the infant ſhe is to nouriſh. *

It can ſcarcely be improper before I quit the article of ſuckling, to relate a recent inſtance, and a remarkable one out of many, as a proof of the great degree to which infants may pine for the breaſt, even to the great hazard of pe-

* Whether the parent be able to ſuckle her own child, or that office be performed by a wet-nurſe, is not here particularly conſidered. The deſign is only to prove that milk is in general the moſt proper food for an infant. Whether that be prepared by its own mother, a nurſe, or even by animals, as the cow, or the aſs, is equally to the purpoſe; where the former cannot be had, the beſt, and moſt natural ſubſtitute, ſhould be provided.

riſhing for the want of it, where the real cauſe of the diſeaſe is not ſuſpected.

THIS infant was very healthy when it was three months old, and was then weaned on account of the illneſs of the wet-nurſe; but ſoon afterwards ceaſed to thrive, and had continual bowel complaints. At the age of nine months I was deſired to viſit it, and was informed that it ſlept very little, was almoſt inceſſantly crying, and had for many days brought up almoſt all its food; was become very rickety, and had all the appearance of an infant almoſt ſtarved. It had made trial of almoſt every kind of food, except the breaſt, and had been many weeks under the care of an experienced apothecary; was conſtantly in a ſtate of purging, and ſeemed to have been juſt kept alive by art.

ON the firſt ſight of the child, and upon the very face of this account, it

was

was very evident, that the infant was not nouriſhed by the food it received, and that the complaint lay wholly in the firſt-paſſages. But reduced as it was, I had little expectation from medicines, and therefore gave as my opinion that either the child ſtill pined for the breaſt, in which caſe, I doubted not, it would take it, though it had now been weaned ſix months; or that it ought to be carried immediately into the country, and be ſupported for ſome time only upon aſſes milk, or perhaps be fed, now and then, with a little good broth.

My advice being taken, a good breaſt was procured, which the infant ſeized the moment it was put to it, and after ſucking ſufficiently, ſoon fell aſleep for ſeveral hours; waked without ſcreaming, and took the breaſt again. It is ſufficient to add, that the child ceaſed to puke or be purged, and recovered from

that

that hour; and after ſucking eight or nine months longer, became in the end a fine healthy child.

To return; I am free then to lay it down as an axiom, that milk ought to be the chief part of the diet of Infants for a certain time, whether it be breaſt-milk or any other; and that it will prove ſufficiently nouriſhing for nineteen out of twenty; I might perhaps ſay ninety-nine out of a hundred. Exceptions, I believe, there may be, but much fewer children would periſh if no exception were to be made, than by abſurdly ruſhing into the contrary extreme. But ſuppoſing a very ſtrong child, at the end of the month, really not ſatisfied with milk only, and always craving the moment it has been thus fed, it, doubtleſs, may have a little boiled bread added to it, two or three times in the day; but I ſhould be very cautious how I extended

tended it farther. * In the caſe, however, of an infant at the *breaſt*, if it be always craving as ſoon as it is taken from it, previous to allowing a more ſolid food, the quality of the nurſe's milk, as well as the ſtate of her health ſhould be inquired into, and the milk be changed if its goodneſs be ſuſpected. Perhaps where bread and milk is allowed, whether at a very early or a later period, it would be an advantage to boil a piece of roll, together with the upper cruſt, in a good deal of water, till it is very ſoft; by which means the bread

* "In *Italy*, *Holland*, *Turkey*, and through "the whole *Levant*, children are rarely allowed "any other food than the breaſt-milk, during the "firſt year." BUFFON.—In ſome extreme northern climates, we know they can have no other food, for a much longer time, and yet, there, the death of an infant is as rare an event as that of a ſuckling mother.

will

will part with ſome of its aceſcent quality: the water ſhould then be ſtrained off, and the bread mixed up with ſome milk, which ought to be boiled if the child is very young, or inclined to a purging.

It would, I perceive, lead me beyond all bounds to enter farther into this matter; and I ſhould not, indeed, have ſaid ſo much on the ſubject, had I not had it much at heart to perſuade thoſe whoſe affections would ever lead them right, were their judgments not previouſly perverted.—I ſhall only add, that infants certainly ought not to be fed lying on their backs, but ſitting upright; as they will in this poſition ſwallow their food more eaſily, as well as more readily diſcover when they ſhall have had enough.

If Milk be the proper food for infants brought up by hand, the next in-

quiry will naturally be, what milk is the beſt? and what is the fitteſt inſtrument for feeding with? And herein it is with great pleaſure I acknowledge my obligations to Dr. Hugh Smith, for his ingenious contrivance, ſet forth ſome years ago in his judicious treatiſe on the Management of Children, in a ſeries of letters addreſſed to married-women. The milk he likewiſe adviſes, is cow's milk in preference to all others; and I wiſh to refer the inquiſitive reader to the reaſons the Doctor has given, to which I can add nothing but my own experience of their validity. To the milk, either from the birth or a few weeks afterwards, (but I think in general the ſooner the better) ſhould be added a ſmall quantity of a light jelly made from harts-horn ſhavings, boiled in water to the conſiſtence that veal broth acquires when it has ſtood to be cold.

cold. * The deſign of the jelly is obvious, and rational, at once calculated to render the food more nutritive, as well as to correct, in ſome meaſure, the aceſcency of the milk; this quality being thought to abound in the milk of different animals, in proportion to the quantity of vegetables on which they feed. † And the milk of quadrupeds, we know, is produced from vegetable juices only, whilſt breaſt-milk is formed by a mixture of animal and vegetable

* There is ſometimes a difficulty in making this jelly, on account of the harts-horn being bad; thoſe who ſhave it, often mixing with it the ſhavings of trotters, which may, however, be diſtinguiſhed by their brittleneſs. If the ſhavings are good, two ounces of them boiled very ſlowly in a quart of water to a pint, will make the jelly of a proper conſiſtence.

† See Dr. YOUNG, *De Naturâ et Uſu Lactis, in diverſis Animalibus.*

food. A little *Liſbon* ſugar may be added to this compound of jelly and milk, if the child be not inclined to a purging, or in that caſe a little loaf ſugar; but the leſs of either the better. It will be proper to have the milk and jelly warmed ſeparately, and no more at a time than may be wanted; when it ſhould be put into the ſmall pot Dr. SMITH has contrived for the purpoſe, which muſt be very carefully cleanſed and ſcalded, at leaſt once every day, and the ſpout be thoroughly rinſed, leſt any ſour curds ſhould ſtick about it; and to this end, it may be convenient to be provided with two. * At firſt the milk ought

* The objection to this mode of feeding, made by a late writer at *Dover*, that the pot may often be left foul, and therefore the food become ſour, appears to me to be very far fetched: ſince if nurſes are not to be depended upon in matters of cleanlineſs,

ought to be boiled, to render it leſs opening, but when the child is ſeveral months old, or may chance to be coſtive, the milk need only be warmed. If it be freſh from the cow, and very rich, a portion of water may be added to it, whilſt the infant is very young.

THE boat, the ſpoon, and the horn, are in no wiſe comparable to the pot; which is ſo contrived, not only as to pleaſe the child by its reſemblance to the nipple, and the milk coming ſlowly into its mouth, but alſo to afford the infant ſome little degree of labour, in order to acquire the quantity it needs,

cleanlineſs, and the ſweetneſs of the food they are to adminiſter, we can truſt them in nothing, and infants muſt be continually ſuffering; there being a hundred particulars eſſential to children's health, in which ſervants cannot be always ſuperintended, but muſt be intirely confided in.

(which the horn does not); by which means the food is alſo duly mixed with *ſaliva.* The like little fatigue takes place in children nouriſhed at the breaſt, and by this mean it is, that infants, eſpecially when very young, are not ſo apt to overſuck, as they are to be overfed by the boat or the ſpoon, the food of which being ſweet and pleaſant, and requiring only the trouble, or rather the pleaſure of ſwallowing, the child is tempted to take too much at a time; whilſt the nurſe often forces down a ſecond or third boat-full, in order to put a ſtop to the cries, which indigeſtion from the firſt or ſecond may have occaſioned.

The writer juſt now alluded to, as well as Mr. LE FEBURE DE VILLEBRUNE, detracts from the advantages of this mode of feeding, by obſerving, that infants may be fed as ſlowly and cautiouſly by the ſpoon: but the fact is, that

that a ſervant *will* not ſo feed them, whilſt there are ſo many temptations to the contrary, (at leaſt I have never met with ſuch an one), nor will children, indeed, oftentimes ſuffer it, if they can anywiſe prevent it, but will be ſcreaming all the while, inſtead of being kept quiet by their food; though the hope of quieting them, it has been obſerved, is frequently the nurſe's ſole motive for giving it. But when an infant *can* get it only ſlowly from the pot, and yet is itſelf all the while employed in the buſineſs, it will be agreeably diverted while it is acquiring its nouriſhment, in the ſame manner that it is amuſed at the breaſt.

THE pot is formed in the ſhape of an *Argyle*, or gravy-pot, with a long ſpout, riſing from the bottom, and pierced only with a few ſmall holes at the end, which is to be covered with a piece of

vellum, or parchment; which being left looſe a little way over the ſpout, is ſoft and pleaſant to the infant's mouth, and it has been ſaid, is nearly as acceptable to many children as the breaſt, as I have often been a witneſs.

THIS manner of feeding is not only pleaſant to the child but very convenient to the nurſe, and the food equally at hand in the night as the day, being eaſily kept warm by a lamp, or even in the bed. The only objection I have ever known made to it by thoſe who have made trial of it, is that which I eſteem one of its higheſt recommendations, which is, that children thus fed are frequently hungry, that is, they are what nature deſigned them to be; this food ſitting light on the ſtomach, and being eaſily digeſted, like the breaſt-milk, children often need a ſupply of it.

It is a common direction in works of this kind, to point out the propereſt times for feeding an infant brought up by hand, and to direct how often it may ſafely be fed. I ſhall juſt obſerve therefore, that no adequate rules can be laid down on the occaſion, and on that account none ought to be attempted, ſince none can be ſufficiently comprehenſive; and I am happy in not being at all at a loſs in this inſtance, wherein writers have differed ſo widely. For infants not uſually taking too much at a time in this manner of feeding, on account of the little fatigue which, it was obſerved, they undergo in acquiring their nouriſhment, may generally be permitted to partake of it as often as they might of the breaſt. * This is, however, by

* Optimum vero medicamentum eſt, opportuné cibus datus. Celsus. *De Med.*

no means the caſe, when children are allowed to eat thick victuals, and are fed by the ſpoon, by which, it has been ſaid, they are always in danger of taking too much; an evil that cannot be too often pointed out.

I SHALL only mention one popular objection to the plan here recommended. This is taken from the many fine children we meet with, who have been brought up by hand from the birth, and fed with thick bread victuals all the day long, whilſt we every now and then ſee ſome of thoſe who have been debarred that ſort of diet, weak and tender till they become a year or two old. Not to ſtop here to obſerve, that this objection militates equally againſt children living on the breaſt, though that is the food nature has deſigned for them, it will be ſufficient to ſay, that it is only ſtrong children who may be

bred

bred up almoſt any how, that can at all digeſt thick victuals, and that weakly infants, who are ſcarcely preſerved by the moſt careful attention to their food, would ſoon be hurried out of the world if that were withheld. And this reminds me of an obſervation of a very judicious friend in the north of England, which greatly ſurprized me at the time, as I had never met with any obſervation from him before, the propriety of which was not exceedingly obvious and convincing. Upon ſeeing a number of fine children one day in *London*, he with ſome ſhrewdneſs obſerved, that we did not ſeem to have ſo many weakly half-ſtarved children as he met with in the country, and that he had often before made the like obſervation in his journies to town. It appeared to me that my friend muſt lie under ſome miſtake, and I accordingly mentioned my ſurprize at ſuch a remark

a remark coming from him; when he removed my aſtoniſhment by inſiſting on the fact, with the following obvious ſolution of it. There are, ſays he, ſcarcely any but fine and ſtrong children in *London*, I apprehend, that live to be two or three years old, the weaker ones, for want of good air, and exerciſe, ſinking under their infirmities; whilſt the tendereſt children in the country by being turned out to crawl in the wholeſome open air, or by ſitting at the door almoſt all the day, eſcape the fatality of your groſs air and warm nurſeries, and ſurvive the trying periods of infancy, though ſome of them remain weak and rickety till they become old enough to endure ſevere exerciſe, which is alone able to ſtrengthen them effectually.

I HAVE no doubt of there being certain exceptions to this mode of feeding, although very few have actually come

to

to my knowledge, and though I am perſuaded, that as a *general* plan, it is both a natural and ſalutary one. Inſtances may be met with, however, of ſome very athletic children who may require a more nouriſhing, and perhaps ſomewhat more ſolid diet; and the ſtate of bowels in others, will call for a greater variety of food, and of a kind not calculated to be adminiſtered in the mode here recommended, as hath been already noticed under the head of *purging*. On theſe accounts, I would offer another obſervation or two, in regard to thick victuals; and firſt, that in families accuſtomed to bring up their children by the ſpoon, I think I have found a greater number of infants well nouriſhed by the *french* roll boiled in water to a jelly, and afterwards diluted with milk, than on any other kind of pap. From ſuch families I have likewiſe learned, that

ſome

ſome *change* in the food is, however, frequently neceſſary, and will be indicated by the degree of reliſh which the infant may diſcover towards different kinds of food, as well as by their effects on the bowels; though the child be not ſuppoſed to be at ſuch times really unwell. Such changes principally reſpect the *different kinds* of bread, or other farinaceous ſubſtance uſually mixed with milk, and ſometimes the ſubſtitution of broth, for a few days, in the place of the latter.

When children brought up by hand become four or five months old, eſpecially if ſtrong and healthy, they may, doubtleſs, be allowed a thicker kind of victuals, becauſe their digeſtive powers being by this time become ſtronger, they are able to extract good nouriſhment from it; though this change is not equally neceſſary for children brought up at the breaſt,

breaſt, at leaſt, ſuch do not require it ſo early; breaſt milk being more nouriſhing than any other. The firſt addition of this kind however, whenever it becomes neceſſary, I am perſuaded, ought to be broth*, which with a little bread beat up in it in the form of panada, will be at once an agreeable and wholſome change, and prepare them for farther advances in this way. But as this cannot well be given oftener than once or twice a day, a little bread and milk may alſo be allowed them every morning and evening, as their ſtrength and circumſtances may require. A cruſt of bread likewiſe, as ſoon as the child has a cou-

* "I cannot help remarking here, that the "gravy of beef or mutton, not over roaſted, and "without fat, properly diluted with water, is "the wholſomeſt and moſt natural, as well as "nouriſhing broth that can be made." See the above mentioned *Letters* of Dr. HUGH SMITH.

ple of teeth, will amuſe and nouriſh it, whilſt it will aſſiſt the cutting of the reſt, as well as carry down a quantity of the ſaliva; a ſecretion too precious to be loſt, when the digeſtive powers are to be farther employed. As the child grows older, to broth may be added light puddings, made of bread, ſemolina, tapioca, * or rice; ſalep boiled in milk, and ſuch like. But to feed a child with veal, chicken, or other animal food, before nature hath given it teeth enough to chew it, howſoever ſmall it may be minced in the kitchen, is altogether unna-

* The beſt *tapioca*, I believe, comes from the *French weſt-India Iſlands*, and is called by the general term, *farine*. It is in very common uſe alſo in our *weſt-India Iſlands*, where it is made into thin cakes, and is called *caſſada*: in this form, therefore, it is moſt likely to be genuine, and may be preſerved for a very long time.

tural,

tural, * and can prove nouriſhing only to ſuch children, as from the great ſtrength of their natural conſtitution, need leaſt of all the aſſiſtance of art. It is by degrees only, that children ought to be brought to ſuch food, which at a certain period, indeed, is as neceſſary as a light diet at an earlier age. It is true, the error of ſome parents runs the contrary way, and their children are kept too long upon a fluid, or too ſlender diet, whence their bellies and joints become enlarged, and the bones of the lower extremities too weak to ſupport them, at an age when they want more exerciſe than their nurſes can give them. And when they can go alone, not only is

* Ante dentium eruptionem non conveniunt cibi ſolidiores. Ideo natura quæ nihil fruſtrà facit, & non deficit in neceſſariis, dentes ipſis denegavit, ſed lac conceſſit, quod maſticatione non eget. PRIMEROS.

a little light meat and certain vegetables to be allowed them once a day, with puddings, or blamange, white-pot, cuſtards, and ſuch like kitchen preparations of milk, * but even a little red wine is beneficial to many conſtitutions. This will not only promote digeſtion, and obviate in great meaſure a diſpoſition to worms, but by ſtrengthening the habit, will alſo render children leſs liable to become rickety, at the very period they are very much diſpoſed to it. But ſo many little infants, on the other hand, fall a ſacrifice to the uſe of indigeſtible food under the age of ſix months, being carried off by vomiting, purging, or fits, that whoever would preſerve them over the moſt dangerous period of in-

* "Infancy and childhood demand thin, copious nouriſhing aliment." ARBUTHNOT, *On Aliments.*

fancy,

fancy, cannot too cautiouſly attend to their diet at this time. *

BEFORE I cloſe this head of the management of children, perhaps the moſt important of all, I ſhall point out the moſt ſuitable diet under the different complaints to which they are moſt liable. And after the hints that have been thrown out through the former part of this work, I need only obſerve, for the ſake

* From a note in Dr. SMITH's letters it appears, that the average of births annually, within the bills of mortality, for ten ſucceſſive years, was 16,283; out of which were buried under *five* years of age 10,145, and from amongſt theſe 7,987 were under *two* years. So that almoſt *two thirds* of the children born in *London* and its *environs*, become loſt to ſociety, and more than *three fourths* of theſe die under *two* years of age.—This proves how hazardous a period that of infancy is, in this country; and I am ſorry there is ſo much reaſon to be perſuaded, that the want of

ſake of thoſe who are unacquainted with diſeaſes, that as light a diet as is poſſible is uſually called for when a child is unwell, let the diſorder be almoſt whatever it may. If a fever ſhould accompany it, the child will require ſtill leſs food than in any other complaint, but plenty of drinks; which may alſo be ſo calculated as to furniſh nearly as much nouriſhment as the infant will require, and

air, exerciſe, and a proper diet, has added, unneceſſarily, to its dangers; there being no ſuch mortality in barbarous nations, whoſe inhabitants live in a ſtate of nature, or in any part of the known world, amongſt other young animals.—Although theſe, and other calculations I have ſeen, ſhould be found ever ſo accurate, it is a pleaſant reflection, (to whatſoever the circumſtance may be owing) that ſince the time they were taken, the proportion of deaths at the early period above alluded to, has been very conſiderably decreaſing; and the writer has noticed that for the three laſt years, the average of deaths according to theſe bills has not been more than *ſix* in *ſixteen*.

may in ſummer-time be given cold. Such are barley-water, water in which a cruſt of bread has been boiled, or if a purging attends, rice-water, and a drink made of harts-horn ſhavings, with a little baked flour in it. In this complaint, wherein more nouriſhment is required to ſupport the child under it, baked flour mixed up with boiled milk, (as mentioned under the article of purging) * is admirably calculated both as a proper diet and medicine; and if kept in a dry place, may be preſerved fit for uſe for a conſiderable time. For the like complaint, the food directed by Dr. SMITH is very well adapted, and will afford a little variety. He orders a table-ſpoonful of ground rice to be boiled with a little cinnamon, in half a pint of water, till the water is nearly con-

* Vol. i. pages 141, 142.

ſumed; a pint of milk is then to be added to it, and the whole to ſimmer for five minutes: it is afterwards to be ſtrained through a lawn ſieve, and made palatable with a little ſugar. In this way, or joined with baked flour, as mentioned above, milk may generally be made to agree perfectly well even when the bowels are purged; and when it does ſo, proves exceedingly nouriſhing. Should it chance to diſagree, owing to an acidity in the firſt-paſſages, good beef-broth ought to be made trial of, which may be thickened with baked flour, inſtead of bread, and makes a very pleaſant, as well as anti-aceſcent diet.

PERHAPS much more has been ſaid on the ſubject of acidity, by ſome writers, than really ought to have been, or it may at leaſt be ſuſpected, that a proper attention has not been paid to the peculiar circumſtances of infants, who

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are all much diſpoſed to it. Acidity is probably rather an effect, than the firſt cauſe of the diſorders of infants; though there is no doubt, that their complaints are afterwards aggravated by an abounding acid; or rather, probably, from this natural acid becoming morbidly acrid, through its being accidentally confined in the firſt-paſſages. Nature, however, *deſigned* the food of infants to be aceſcent, and till the body be diſordered, and digeſtion hurt from one cauſe or other, * this quality of their food is not likely to be very injurious to them. It is true, indeed, that as any ſimilar complaints in adults, who feed on different diets, will, *cæteris paribus*, have their

* Such cauſe, it has been obſerved, is very generally an over quantity of food, or heavy and indigeſtible diet; which, indeed, prove a more frequent occaſion of acidity, than any thing elſe.

varieties,

varieties, and each have ſome relation to the different qualities of their food; ſo it is not to be wondered at, that the complaints of infants ſhould be attended with wind and other marks of acidity, which in adults are the leaſt hurtful of all; and are, indeed, pretty eaſily corrected in children. When they are much troubled with wind therefore, it cannot be wrong to mix ſome carminative ſeeds, or the waters diſtilled from them, now and then, with their food, * ſuch as ſweet fennel, or cardamon ſeeds, bruiſed very fine; but dill-water is that

* Though ſuch an occaſional addition to their food is often exceedingly uſeful, I cannot help ſpeaking againſt its being made a conſtant practice, by which children not only ſuffer when by accident, or abſence from home, it has been neglected, but it deſtroys the very deſign with which it was uſed, by the ſtomach becoming accuſtomed to it.

I have

I have uſually recommended, and being a liquid, is always ready to be added to the food, without loſs of time.

CHILDREN, however, become leſs ſubject to wind and hurtful acidities as they grow older, and the ſtomach gets ſtronger, as it is called. But ſhould theſe complaints, notwithſtanding, continue obſtinate, a little fine powder of camomile flowers, mixed in water, and warmed with a little ginger, will prove exceedingly bracing to the ſtomach and bowels, and render them leſs diſpoſed to acidity. Exerciſe alſo according to the age and ſtrength, is a grand preſervative and remedy, and eſpecially making infants break wind after ſucking or feeding. And this may generally be effected, as every nurſe knows, by raiſing the infant up, and gently tapping it on the back, or rubbing its ſtomach, before it be lain down in the cradle to ſleep.

I ſhall

I ſhall only add farther, that when milk is frequently thrown up curdled, a little prepared oyſter-ſhell powder may be added to it, or a very ſmall quantity of almond-ſoap, or of common ſalt,* which will not at all injure the flavor, and will prevent this change happening too ſoon in the ſtomach.

I ſhall now cloſe this head, with ſome obſervations relating to Wet-nurſes and to Weaning.

THE firſt and eſſential point in a wet-nurſe is, doubtleſs, that her milk be

* It is a very great miſtake, though a common one, to imagine that ſalt will diſpoſe to the ſcurvy. This miſtake is founded upon the bad effects of the long uſe of ſalted-meats; but ſalt taken with freſh meats is quite a different thing. And I ſhall juſt remark, that ſalt and water is one of the beſt lotions for the mouth, and preſervative from the tooth-ach, and alſo makes an excellent waſh for the face; which will remove ſome kind of pimples without any riſk of injury to the conſtitution.

good,

good, to which end it is neceſſary ſhe be healthy and young, her bowels rather coſtive than otherwiſe; and not of weak nerves, nor diſpoſed to menſtruate whilſt ſhe gives ſuck. The chief marks of good milk, are its being thin, of a bluiſh colour, rather ſweet, and in great quantity; and if under ſix months old, it is, doubtleſs, an advantage. Her nipple ought to be ſmall, but not ſhort, and the breaſt round and prominent. She ought to have good teeth, at leaſt, her gums ſhould be ſound, and of a florid colour. She muſt be perfectly ſober, and rather averſe from ſtrong liquors; which young and healthy people ſeldom need in order to their having plenty of milk. She ſhould be cleanly in her perſon, good-tempered, careful, fond of children, and watchful in the night, or at leaſt, not liable to ſuffer in her health from being robbed of her ſleep. And I cannot help adding here, that ſhe

ought

ought not to be diſpoſed to preſcribe medicines; otherwiſe ſomething improper can ſcarcely fail at one time or other to be adminiſtered, and perhaps to the no ſmall injury of the child.

PREVIOUS to the obſervations I have to offer on the head of weaning infants, it may not be amiſs to drop a few words on the proper diet for wet-nurſes. And here, an invariable attention ſhould be paid to natural conſtitution and habit. Due allowance being made for theſe, it may be ſaid, that milk, broth and white ſoups, plain puddings, fleſh meats of eaſy digeſtion, and a due mixture of vegetables, with plenty of diluting drinks, and ſuch proportion of more generous liquors, (ſpirits excepted) as the variety of circumſtances ſhall direct, will be a proper diet for ſuckling women. Reſpecting vegetables particularly, the ſtricteſt regard ſhould be had

had to conſtitution and habit. Wherever vegetables, or even acids, uniformly agree with the ſuckling parent or nurſe, I believe a healthy child will never ſuffer by their partaking of them, but on the contrary, the milk being thereby rendered thin and cooling, will prove more nouriſhing and ſalutary, in conſequence of being eaſier of digeſtion.

THE proper age for weaning a child is to be gathered from the particular circumſtances attending it. The child ought to be in good health, eſpecially in regard to its bowels, and, doubtleſs, ought firſt to have cut, at leaſt, four of its teeth. This ſeldom takes place till it is about a twelve-month old; and it may be obſerved, that healthy women who ſuckle their own children, and take proper exerciſe, do not uſually become pregnant again in leſs time. We ſhall not be very wide of the matter therefore,

therefore, if we ſay that children in general ought not to be weaned much earlier than this; making proper allowances, however, for all juſt exceptions to general rules. *

ANY preparation for weaning is generally needleſs, and eſpecially that of feeding children before-hand, though made a common excuſe for ſtuffing them whilſt at the breaſt with indigeſtible food. I have ſeen many mothers needleſsly torturing themſelves with the fear of their children being weaned with difficulty, becauſe they could not get them to feed when eight or ten months old, and ſtill at the breaſt; but I have always found ſuch children wean, and feed juſt as well as others, when once

* ASTRUC adviſes children to be ſuckled till they are two years old; but, I think, without giving any ſufficient reaſons.

taken

taken wholly from it. I, therefore, never have any fear in that reſpect, and ſhould be happy if any thing I can ſay from experience, may be the means of leſſening the trouble of parents on this occaſion, as well as counteracting, if poſſible, a ſentiment encouraged by ſeveral writers, which has, I believe, no real foundation in fact, but has too often been productive both of much inconvenience and miſchief. But I do not by this intend to ſay, that a child of eight or ten months old would be injured, or often-times not benefited, by a little food once a day of a more ſolid nature than the breaſt-milk, as indeed I have intimated before; but when children happen to be weaned much earlier, and are fed almoſt from the birth merely with that view, (which is often the caſe) they may be eſſentially injured by it.

WHEN the weaning is once entered upon, a great part of their food ought ſtill to be of milk, with puddings, broths, and but little meat; and they ſhould never be fed, or even ſuffered to drink in the night, from the firſt; ſuppoſing them to be weaned at a proper age. The mere giving them drink, even only for a few nights, creates the pain and trouble of two weanings inſtead of one, and if it be continued much longer, it not only breaks the reſt, but the child will acquire a habit of being fond of drinking; the conſequence of which very often is a large belly, weak bowels, general debility, lax joints, and all the ſymptoms of rickets. The child need only to be fed the laſt thing before the nurſe goes to bed, which may be generally done without waking it; and whilſt the child ſeems to enjoy this ſleepy meal, it becomes

comes a moſt pleaſant employment to the nurſe, and much more to a mother, from obſerving how greedily the child takes its food, and how ſatisfied it will lie for many hours on the ſtrength of this meal;—the mention of which naturally leads me to conſider the next Article propoſed, viz.

SLEEP *and* WATCHING.

AFTER what has been already advanced on this article, under the head of their Complaints, it will be neceſſary only to obſerve, that healthy children ſleep a great deal for the firſt three or four days after they are born, probably from having been previouſly accuſtomed to it. They ought not, however, to be ſuffered to continue this habit in the day time, but ſhould be gradually broken of it, and indeed if not in-

dulged, they will not be ſo much diſpoſed to ſleep as is generally imagined, and will therefore take more reſt in the night, which is mutually beneficial to the child and the mother; who, eſpecially if ſhe ſuckles, will be leſs diſturbed, at a time when ſhe herſelf particularly requires this refreſhment.

Therefore, when infants are ſleepleſs in the night, they ſhould be kept more awake, and have as much exerciſe as poſſible in the day time, which though they be ever ſo young may be pretty conſiderable, (as will be directed more at large in its place), by playing with them, or dandling on the knee, and otherwiſe amuſing them; and when older by every kind of exerciſe they can bear. The child, if healthy, will ſoon contract a habit of being very much awake while it is light, through that lively and reſtleſs ſpirit peculiar to infancy, and by this means, another evil will

will be very much avoided, that of often laying a child down to ſleep in the day time, for hours together, loaded with a thick dreſs, and covered beſides with heavy clothes in a ſoft bed, or the cradle.

BUT though I am confident theſe cautions will have their uſe, I am equally ſatisfied that many children have much leſs ſleep than they require, as I ſhall have occaſion preſently to notice; but then this deficiency is chiefly in the night, and is often the conſequence of ſome complaints which the child labours under. Upon theſe, however, ſufficient has already been ſaid in the former part of this work, to which therefore the reader is referred.

BEFORE I quit this article, it may be remarked, that the cuſtom of conſtantly placing infants on their backs, whether in the cradle or bed, is very improper;

for by this means, the ſuperfluous humour ſecreted in the mouth, which, in the time of teething eſpecially, is very conſiderable, cannot be freely diſcharged, and muſt fall down into the ſtomach, where its abundance occaſions various diſorders. * Infants ſhould therefore be frequently laid on their ſides, particularly the right, as favourable to the ſtomach getting eaſily rid of its contents; to which ſide alſo children, when ſtrong enough, will inſtinctively turn, if not prevented by the weight or confinement of their own clothes, or thoſe of the cradle or bed. The chief apology, for all which, is a fear of the infant's falling, or turning on its face; but this is rather an apology for the neglect of that neceſſary attention to children, which when-

* See vol. 1 page 15.

ever it can be commanded, ſhould never be ſpared them.

IT only remains, under this article, to ſay ſomething of the Cradle, which moſt writers have ſpoken againſt. I believe, there is no doubt but the cuſtom of laying children down awake, and rocking them in a cradle in the day time, or at ſeven or eight o'clock in the evening, when they are to go into their night's ſleep, as it is called, may be an occaſion of making them more wakeful in the night, or at leaſt may cauſe them to expect that kind of motion whenever they awake. But yet I cannot help thinking, there is ſomething ſo truly natural, as well as pleaſant, in the wavy motion of a cradle, (when made uſe of at proper times) and ſo like what children have been uſed to before they are born, being then ſuſpended and accuſtomed to ride, as it were, or be gently

ſwung in a ſoft fluid, upon every motion of the mother, and even during her ſleep, from the effects of reſpiration; that, always wiſhing to follow nature as I do, I cannot, on the whole, but give an opinion rather in favour of the cradle.* It is, at leaſt, among the little things in which we may harmleſsly err, and in which every mother may therefore be ſafely guided by her own opinion, or even by her feelings. And if the child in conſequence of being ſometimes rocked to ſleep in the day time, ſhall expect it when it awakes in the night, it will not be very difficult to find a ſubſtitute for it; and indeed parents

* The objections made by ſome late writers to this ſentiment militate only againſt the abuſe of it, from any violent rocking; as though infants muſt neceſſarily be jumbled in the cradle like travellers in a mail-coach.

ſeem,

ſeem, as it were by inſtinct, to pat and gently move a child, whether lying on the lap or the arm, whenever it appears to awake prematurely.—I ſhall only add on this head, what cannot be too often urged, that however wakeful a child may be in the night, it cannot receive a greater unkindneſs than from the exhibition of *Godfrey's* cordial, ſyrup of poppies, or any other opiate, and given as they uſually are, to procure ſleep, not becauſe it is neceſſary, or proper for the child, but becauſe it is convenient to the nurſe. It were, therefore, a good rule in a nurſery, to forbid adminiſtering *any* kind of medicine without particular permiſſion. And in regard to watchfulneſs, as was obſerved in another place, it is uſually a mere ſymptom, and ſhould be treated according to its cauſe; but in a general way it may be ſaid, that nothing can ſo ſafely and effectually

contribute to procure natural reſt as that Exerciſe to be farther conſidered under the next head.

MOTION *and* REST.

IT is only the former of theſe that will claim much of our attention, as infants ought ſcarcely ever to be in a quieſcent poſture, but when they are aſleep; and happy for them, that active principle with which nature hath endowed them, is ſo vigorous and overflowing, that they will hardly ſubmit to it. Exerciſe, like Air, is indeed of ſo much importance to children, that they cannot poſſibly be truly healthy without it; care only ſhould be taken that it be properly ſuited to their age.

THE firſt kind of exerciſe, it has been ſaid, conſiſts in dandling, as it is called, patting the back after feeding, and gently raiſing

raiſing the child up and down in the arms; taking care at firſt not to toſs it very high, infants being very early ſuſceptible of fear, and even capable of being thrown into fits by it. Another exerciſe adapted to this tender age, and of the utmoſt advantage, is rubbing them with the hand. This ſhould be done *all over*, at leaſt twice a day, when they are dreſſed and undreſſed, and ought to be continued for ſome time, being peculiarly agreeable to the child, as it conſtantly teſtifies by ſtretching out its little limbs, and puſhing them againſt the hand, with a ſmile expreſſive of the ſatisfaction it receives from it. Such gentle exerciſe may be partially repeated every time the child's cloths are changed, by rubbing the lower limbs, and every other part within reach.

WHEN children are older, their exerciſe ſhould be proportionally increaſed, and

and as has been obſerved, they ought never to be carried in a quieſcent poſture, but the arm that ſupports them ſhould be continually in ſuch motion as the nurſe is able to continue. For children, it has been noticed, delight to be in conſtant motion; and this exuberant activity is given them for the wiſeſt purpoſes, and ought by no means to be counteracted. And I notice the mode of carrying them, becauſe I have ſeen children ſlung careleſsly over the arm in ſuch a manner, as neither affords a child any exerciſe, nor allows it to give any motion to itſelf; which a lively child will always endeavour to do. And, indeed, the manner of carrying an infant, is of more importance than is generally imagined, for from it, the child will contract a habit, good or bad, that it will not readily give up, and may be as much diſpoſed to become rickety by improper

improper management in the arms, as if it were lying wet in the cradle; the ill effects of which have been pointed out already.

MUCH as there has been ſaid on this article, I cannot ſuffer it to be cloſed without dropping a hint or two with a peculiar reference to *females*; upon whom beſide every infirmity common to the other ſex, is impoſed the painful taſk of child bearing. It is the benefit of the lower claſs of people, indeed, that I have here principally in view; though the caution is not utterly unneceſſary elſewhere.—The many diſtreſſing, and ſometimes fatal labours I have been witneſs to, have led me to regard with a kind of horror a rickety, diſtorted female infant, whoſe parents or nurſe's neglect, or ignorance, is heaping up for it additional ſufferings and dangers, to thoſe which are great enough under

every

every advantage that art, and good health can contribute.

FROM the age of two years therefore, or rather earlier, this care is eſpecially called for, and beſide every caution already pointed out, lays a ſtrict prohibition on girls being ſuffered to *ſit*, for hours together, on a low ſeat, whereby that aſſemblage of bones, called the *pelvis*, or baſin, is preſſed between the lower extremities and the inferior part of the back bone, and is made to grow out of its natural form. The conſequences of this change of figure, if it be any wiſe conſiderable, cannot fail to be productive of increaſed pain and dangers in parturition, frequently equally fatal both to the parent and her offſpring.

I AM aware, that many poor people are not in a ſituation to give their children all the exerciſe they require; they may

may, however, ſuffer them to afford as much as poſſible to themſelves, by allowing them to *crawl* about on the floor, near an open window or door, inſtead of compelling them to lie on their back, or to ſit upright, pinned in a chair; the ill-conſequences of which are ſo exceedingly evident.

It is hoped no apology may be thought neceſſary for theſe obvious remarks, ſince no pains ſhould be thought too great if they may prevent the evils here pointed out, nor can too much be ſaid to inculcate good nurſing (and eſpecially exerciſe) which is alone adequate thereto. *

It

* A proper attention to theſe articles has been conceived to be of ſo much importance, that the benevolent Governors of the *Britiſh* Lying-in hoſpital, have lately given orders, that ſome brief Directions on theſe heads ſhould be drawn up, and

It may be a proper inquiry in this place, at what age children ſhould be put on their feet, a point on which people have differed conſiderably; but I apprehend nothing more is required than to follow nature, whoſe progreſs is always gradual, as our imitations of her ſhould be, and we ſhall then ſeldom run very wide of her intentions. If we take notice of a healthy child, it is, as has been ſaid, always in motion, and as ſoon as it gets ſtrength, it will ſupport itſelf by the help of its hands and feet, and will crawl about wherever it is permitted. From this exerciſe, it will ſoon acquire an increaſe of ſtrength, and whenever it is upheld by the arms, and diſentangled from the weight of its clothes at the time of dreſſing and undreſſing, it will naturally walk up the waiſt of its mother, or

and given to every mother, on her leaving that Charity.

nurſe,

nurſe,* and by its manner of moving its limbs, and its bearing more or leſs on the arms, will ſhew what advances it has made. Whenever it is ſtrong enough, however, it will have attained ſufficient knowledge to walk by itſelf, and will never attempt it till it is fully equal to the

* I cannot help taking notice here of an imprudence on this occaſion, which it is well if it has not been prejudicial oftener than has been ſuſpected; I mean, that of ſuffering a child to crawl ſo high up the neck, as renders the mother, or nurſe, incapable of raiſing the arms high enough to ſupport it. For not only may a child be ſuffered to ſlip out of the hands, but the mother may be injured. I have felt much on this occaſion, from ſeeing tender and delicate ladies with their arms on a ſtretch, ſuffering a heavy child, perhaps with its ſhoes on, to crawl over the breaſts, diſtended with milk, and ſqueezing them ſo forcibly againſt the edge of the ſtays, that they have ſometimes cried out from the pain, and yet not been able, at the moment, to bring the infant down into the lap.

taſk.

taſk. It will then be perfectly ſafe to permit it to follow its inclination, at leaſt as far as the ſtraitneſs of its limbs is concerned; and I think I may defy any one to produce a ſingle inſtance of a child getting crooked legs, from being ſuffered to walk as ſoon as it has been diſpoſed to make the attempt. The miſchief is, we lead on children prematurely to the trial, by leading-ſtrings, back-ſtrings, goe-carts, and other contrivances, calculated only to ſpare idle nurſes*, or what is really pitiable, to allow

* I cannot avoid once more riſking giving offence, that I may do every thing in my power to induce parents to give the utmoſt attention in regard to exerciſe, for the want of which I have with much concern beheld ſome children of people of large fortune turn out as rickety as thoſe of the labouring poor. In ſome inſtances, I have been ſo ſatisfied this has been owing merely to a want

allow poor people time to attend to other concerns, who are obliged to work for their bread. But where this is not the caſe, ſuch contrivances are unpardonable, and are the conſequence of ignorance, or idleneſs, which are productive of great evils; and then by way of excuſe it is aſked, at what age a child may be put on its feet—A queſtion, I apprehend, that ought to be anſwered only

want of exerciſe, that I have informed ladies, that from the appearance and manner of the nurſery-maid, I was certain their children were not exerciſed ſufficiently, and have pointed out the bad conſequences that muſt enſue. And where the advice has not been taken, I have as conſtantly been conſulted ſome months afterwards, about the cold-bath, for children a year and half, or two years old, who have only been able to waddle acroſs the room, with their knees knocking together, and reeling at every ſtep, ſo as not to be truſted alone.

in the manner I have done—* Leave children to themſelves, and they will afford a ſatisfactory anſwer in good time.

It is ſaid, however, by a ſenſible writer†, that children's legs do not become crooked by putting them too early on their feet, and aſks if any other animal has crooked legs, though they ſtand on them almoſt as ſoon as they are born. But the caſes, I apprehend, are widely different; quadrupeds and fowls are deſigned by nature to be early on their legs, and it is neceſſary they ſhould be ſo. They are accordingly calculated for it, their bones being ſtrongly oſſified from

* I have ſeen a child walking alone before it has been nine months old, and at ten months, carrying a heavy play-thing in its hands; whilſt other children, rendered weak and rickety by miſmanagement, have been unable to go alone at two years of age.

† Dr. HUGH SMITH, Letters to married-women.

the

the birth; but this is, by no means, the caſe with the human ſpecies, and therefore no argument can be founded upon it without conſiderable latitude, and making ſuch allowances for the different circumſtances of children as have been pointed out. But if it is meant only to ſuffer children *to feel their way*, if I may ſo ſpeak, for themſelves, they will never deceive us, nor do I think their limbs ever become crooked, but by urging them to it by contrivances of our own, for which poverty is the only apology that can poſſibly be offered.

A NOTE of Dr. BUCHAN on the ſubject of giving exerciſe to children, which ſome people from their poverty cannot ſpare time to afford them, charmed me exceedingly. The good ſenſe and philanthropy manifeſted in it, as well as a deſire of extending its uſeful contents, will I hope be apology ſufficient for

tranſcribing it, eſpecially as it is at preſent ſo appoſite to my purpoſe. And though I cannot flatter myſelf that Government, however benevolently diſpoſed, will, or perhaps can, at this time, adopt ſuch a plan, either from his recommendation or mine, it is, nevertheleſs, in the power of people of large fortunes, both in town and country, to give it very conſiderable influence, eſpecially if the premium were made double for ſuch children as ſhould be produced in good health. The Doctor's words are,

" If it were made the intereſt of the " poor to keep their children alive, " we ſhould loſe very few of them. A " ſmall premium given every year to " each poor family, for every child " they have alive at the year's end, " would ſave more infants lives than if " the whole revenue of the crown were " expended on hoſpitals for that pur-

" poſe.

" poſe. This would make the poor " eſteem fertility a bleſſing, whereas " many of them think it the greateſt " curſe that can befal them;" and I may add, I have known them expreſs great thankfulneſs when their children were dead.

A VERY few words may ſuffice on the article of REST, the irregularities therein being far leſs numerous and important than in the former. It will be ſufficient to notice them in regard to the improper inducement of young children to continue in action after they feel themſelves wearied, and in keeping them out of their beds beyond a proper hour. Children in health never wiſh to ſit ſtill when they do not actually feel it to be neceſſary, much leſs to go to bed unſeaſonably ſoon. But it is to be remembered, that young people require more ſleep, and to be

longer in a horizontal poſture than adults; for though they uſually riſe very early, they get to reſt more than proportionally ſoon, being diſpoſed to fall aſleep almoſt the moment they are ſtill; and this is natural to them, and is one demonſtration of the advantage of exerciſe.

If I had not already far exceeded the bounds I had intended, I ſhould be induced to ſay ſomething on the Manner in which Exerciſe becomes ſo beneficial to children—I ſhall, however, juſt obſerve, that it tends to puſh forward the blood through the ſmall veſſels, and to unfold them in the manner nature has deſigned them to be extended, in order to promote the growth of the infant, whilſt it preſerves the blood in a proper ſtate of fluidity, and promotes both the Secretions and Excretions; which are the next things it was propoſed to conſider.

RETENTION *and* EXCRETION.

EVERY medical reader will be ſenſible, how greatly health depends upon a due proportion between the daily ſupplies, and the various diſcharges of the body: the latter will vary according to the diet, age, and particular mode of life of each individual. The excretions of infants, however, inſenſible perſpiration excepted, are chiefly from the bowels and bladder; but the latter is not very liable to diſorders. It will be ſufficient therefore to ſay, that the retention of urine is chiefly ſoon after birth, and is uſually removed by applying a bladder of hot water to the belly, and gentle rubbing with a little warm brandy, or an onion, and throwing up a clyſter; or ſhould theſe fail, the infant may be put

up to the breaſt in a pan of warm water, and take a little marſh-mallow, or parſley-tea, ſweetened with honey, with the addition of a few drops of the ſpirit of nitrous æther. This, if there be no mal-formation of parts, will generally produce the deſired effect in the courſe of a few hours; though caſes have occurred in which infants have voided no urine for the ſpace of four days, and have ſuffered very little inconvenience. Some of the old writers have ſpoken alſo of incontinence of urine, ariſing from weakneſs of the ſphincter of the bladder, but I have never met with it in the infant-ſtate. They preſcribe agrimony and myrrhe, and direct aſtringent fomentations of red wine to the belly, the *perinæum*, or ſeat, and the loins.

THE preſent obſervations are therefore chiefly confined to the Bowels, which

which would call for a ſcrupulous attention in this place, if ſo many things relative to them had not beeen diſcuſſed in the former part of this treatiſe. It were needleſs, therefore, to ſay more, than to remind common readers, that infants are rarely healthy long together, who have not two or three ſtools every day; or ſhould they be more, for the firſt three months, if the child be brought up at the breaſt, and the nurſe have a ſufficiency of milk, it will generally thrive the better. The ſtools likewiſe ought to be looſe, of a yellow colour, free from lumps, or curdly matter, and ſhould come away without griping. On the other hand, if an infant is brought up by hand, the danger generally lies in the other extreme, ſuch children being diſpoſed to be purged, and to have griping and ſour ſtools, from the

the aceſcent, and often indigeſtible nature of their food, eſpecially if fed by the ſpoon; and therefore require an early attention when their bowels are diſpoſed to be open, and their food to be changed, in the manner directed under the article of Purging.

THE PASSIONS *of the* MIND.

THIS is the laſt Article mentioned as included in the *Non-naturals*, and on which I ſhall be very brief, it being the happineſs of Infants to be very little affected by them. This article, can, therefore, relate to them merely in regard to their mode of expreſſing ſuch paſſions, and principally in reſpect to Laughter and Crying. The former, if too long kept up, or too violent, may not only induce the hiccough, but it is ſaid,

ſaid, may even throw an infant into fits. The latter is, indeed, much oftener ſuſpected of being miſchievous, and chiefly by occaſioning fits, or a rupture: the exceſs of both theſe affections ſhould, therefore, be guarded againſt. Moderate, and not too frequent Crying, however, ought not to be alarming; and, indeed, a variety of conſiderations induce me to believe, that this expreſſion of the paſſions in Infants is not only much more harmleſs in itſelf than is generally imagined, but is alſo, in ſome reſpects, ſalutary. The firſt Cries it makes we know to be ſo, and that children recover from the paroxyſms of ſome complaints (as was mentioned in regard to the Croup) by an effort of this kind. It is evident likewiſe, how very much Health depends on a free circulation of the blood through the lungs, and on their

their free expanſion from the dilatation of the *bronchial*, or air-veſſels, that run through them. * But as infants are incapable of giving themſelves any exerciſe, and indeed of receiving that kind which tends to promote ſuch an effect, I have conceived Crying to be an effort which Nature may have wiſely ſubſtituted in its ſtead. † Whatever is truly natural I always conceive to be right, though every thing, is capable of being abuſed, and the moſt beneficial dictates

* Fletus moderatus pueris non obeſt—pectus dilatat et calefacit. PRIMEROS.

† In ſupport of this ſentiment, which I conceived not to be a very common one, I quoted, in the former edition, the above authority of *Primeroſe*. *Mr. Le Febure de Villebrune's* tranſlation has ſince furniſhed me with a better and more ancient one. *Ariſtot. Politic. Lib.* vii. C. 17, where the idea is ſupported more at large.

of

of nature may be exceeded. I am ſatisfied, however, that the pacifying of children by improper means, and eſpecially cramming them with food when they are not hungry, (againſt which ſo much has been ſaid) occaſions far greater evils in thouſands of inſtances, than ever were produced by the efforts of Crying.—But the Nurſe who can with calmneſs, hear an Infant cry, without attempting to pacify it, by every proper means, is a Monſter in human ſhape, unfit to be truſted with the care of any animal being, much leſs with a tender, helpleſs creature, whoſe only language, by which it can expreſs its wants or its ſufferings, is its TEARS.

I cannot help treſpaſſing on the reader's time to make one apology more for having dwelt ſo long on this, as well as on ſeveral other heads; my motive

tive has been the deſire of inſtructing, though in ſome inſtances at the riſk of diſpleaſing; and for the ſake of my fair readers, who may do me the honour of conſulting this work, I have endeavoured to leſſen their Fears, as far as they have appeared to be needleſs, wherever no other Remedy could be offered.

I SHALL conclude by obſerving, that, though the Paſſions of the Mind refer ſo little to Infants, they relate very materially to the Wet-nurſe; who beſides endeavouring to keep her ſpirits as calm as poſſible, ought to be exceedingly careful not to put a child to her breaſt, when under the influence of any violent paſſion, of whatever kind it may be, the bad effects of which have already been inſtanced in the former part of this treatiſe. * And I ſhall think myſelf well re-

* *Vol.* 1. *page* 159.

compenſed

compenſed for the trouble I have had, if this, or other hints, may prove the means of leſſening the dangers of the infant-ſtate, and the conſequent ſad fatality that attends it; as well as of abating the anxiety of the fond Mother, who after having brought her tender Charge into the world with Sorrow, is pierced with double Pangs as its leaving it.—An Event which, as Experience warrants me to ſay, may by Art and good Management, be often prevented, the author ardently hopes the fond Parent may have fewer occaſions to lament, and her riſing Sons be athletic.

THE END.

BRITISH MUSEUM
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MAY

AN

ALPHABETICAL LIST

OF

Medicines recommended in this Work,

To which the COLLEGE of PHYSICIANS has given *new* Names.

Both the *Latin* and *Engliſh* Names are given, of which, that one will ſtand firſt which more frequently occurs in the Work.

NEW NAMES.	*Names formerly in Uſe.*
A.	
ANTIMONIUM tartariſatum,	*Tartarum emeticum,*
Tartariſated Antimony.	Emetic Tartar.
Argentum nitratum,	*Cauſticum lunare,*
Nitrated Silver.	Lunar Cauſtic.
Aromatic Confection,	Cordial Confection,
Confectio Aromatica.	*Confectio cardiaca.*
Aqua Cupri ammoniati,	*Aqua Sapphirina,*
Water of ammoniated Copper.	Sapphire water.
Aqua Kali puri,	*Lixivium ſaponarium,*
Water of pure Kali.	Soap-Ley.
Aqua Ammoniæ,	*Spiritus Salis Ammoniaci,*
Water of Ammonia.	Volatile Spirit of Salt ammoniac.

Aqua ammoniæ acitatæ,	*Spiritus Mindereri,*
Water of acetated Ammonia.	Minderus's Spirit.

C

Catechu,	*Terra Japonica.*
Calx of Antimony,	Calcined Antimony,
Calx Antimonii.	*Antimonium calcinatum.*
Camphorated Spirit,	Camphorated Sp. of wine,
Spiritus camphoratus.	*Spiritus vinosus camphor.*
Compound water of acetated Litharge,	Vegito-mineral water,
Aqua Lithargyri acetati composita.	*Aqua vegitabilis mineralis.*
Compound Tincture of Gentian,	Bitter Tincture,
Tinctura Gentianæ composita.	*Tinctura amara.*
Compound Tincture of Aloes.	Elixer of Aloes,
Tinctura Aloës composita.	Elixer Aloës.
Compound Spirit of vitriolic Æther,	Hoffman's anodyne Liquor,
Spiritus Ætheris vitriolici compositus.	*Liquor anodynus mineralis.*
Compound Spirit of Ammonia,	Aromatic volatile Spirit,
Spiritus Ammoniæ compositus.	*Spiritus volatilis aromat.*

H.

Hydrargyrus muriatus,	*Merc. corroſ. ſubl. alb.*
Muriated Quickſilver.	White corroſive ſublimate.

L.

Labdanum-plaiſter,	Stomach-plaiſter,
Emplaſtrum Ladani.	*Emplaſtrum ſtomachicum.*
Litharge-Plaiſter,	The common Plaiſter, or Simple Diachylon,
Emplaſtrum lithargyri.	*Emplaſtrum commune.*

M.

Muriatic Acid,	Spirit of Sea-ſalt,
Acidum muriaticum.	*Spiritus Salis marini.*

N.

Natron præparatum,	*Sal Sodæ,*
Prepared Natron.	Salt of Soda.

O.

Ointment of acetated Ceruſſe,	Ointment of Lead,
Ung. Ceruſſæ acetatæ.	*Unguentum Saturninum.*

P.

Powder of Scammony with Calomel,	Baſilic Powder,
Pulvis è Scammonio cum Calomelane.	*Pulvis Baſilicus.*

S.

Sp. æthæris vitriolici,	*Spiritus Vitrioli dulcis,*
Spirit of vitriolic Æther.	Sweet Spirit of Vitriol.

Spirit of nitrous Æther,	Sweet Spirit of Nitre,
Spiritus ætheris Nitrosi.	*Spiritus Nitri dulcis.*

T.

Tartarisated Natron,	Rochelle Salts,
Natron tartarisatum.	*Sal Rupellensis.*
Tinctura Catechu,	*Tinctura Terræ Japonicæ,*
Tincture of Catechu.	Tincture of Japan-earth.
Tincture of Opium,	Laudanum,
Tinctura Opii.	*Tinctura Thebaica.*

U.

Unguentum Calcis Hydrargyri albæ,	*Unguentum è Mercurio præcipitato,*
Ointment of the white Calx of Quickſilver.	Ointment of white Precipitate.
Unguentum Hydrargyri nitrati,	*Unguentum citrinum,*
Ointment of Nitrated Quickſilver.	Citrine Ointment.

V.

Volatile Liquor of Harts-horn,	Spirit of Harts-horn,
Liquor vol. cornu Cervi.	*Spiritus volatilis cornu-Cervi.*

W.

Water of Kali,	Ley of Tartar,
Aqua Kali.	*Lixivium Tartari.*
Water of acetated Litharge,	Extract of Lead,
Aqua Lithargyri acetati.	*Extractum Saturni.*

DEFI-

DEFINITION

OF TECHNICAL AND OTHER

TERMS,

Not fully explained in every paſſage where they may occur;

With a view to render the work more familiar to ſome readers, when conſulting particular or detached parts.

A

ABDOMEN, The Belly.

Anus, The opening of the great gut, or lower bowel.

D

Dentition, Teething.

Diaphoretics, Medicines promoting Perſpiration.

Diarrhœa, A Purging.

Draſtic, Rough or violent.

Duodenum, One of the ſmall Bowels.

Dura mater, A Membrane covering the Brain.

Ery-

E

Eryſipelas, Saint Anthony's fire.

G

Gangrene, A Mortification of any part.

Gaſtric juices, Secretions in the ſtomach, and from various glandular parts contained within the Belly

I

Icteric, Appertaining to the Jaundice.

Inteſtines, The Bowels or Guts.

Inteſtinal, Belonging to the Bowels.

L

Longitudinal Sinus, A paſſage for the blood from the forepart of the head to the hind-head.

M

Medulla ſpinalis, The Marrow of the backbone.

Meſentery, The connecting Membrane of the Bowels.

Os

O

Os ſacrum — The extreme part of the back-bone.

P

Palatium molle, — The back parts of the Mouth and Throat.

Pancreas — The Sweetbread, a large gland.

Pathognomonic Symptoms, — Symptoms denoting the Eſſence of any diſeaſe.

Perioſteum, — A Membrane covering the bones, and uncut-teeth.

Pubes, — The ſpace between the two groins.

Pylorus, — The inferior opening of the ſtomach.

S

Spine of the Tibiæ, — The edges of the ſhin-bones.

Urethra

U

Urethra, The Paſſage from the Bladder.

Uvula, The ſmall pendulous portion of fleſh, at the back of the mouth.

V

Vertebræ, The joints of the neck, back, or loins.

Viſcera, The Bowels or Entrails.

ERRATA.

Page 1. Line 5. for *leſſer* read *triffling*.—P. 96. l. 6. for *open* read *preternaturally open*.—P. 101. l. 4. for *trerted* read *treated*.—P. 124. l. 5. for *bead* read *head*.—P. 193. l. 9. of note, for *cold-bathing* read *bathing*.—P. 215. l. 13. for *food* read *culinary food*.—P. 77. laſt l. but two, for *unſeaſonably* read *unreaſonably*.—P. 287. l. 9. for *as* read *at*.

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